MEAL PREP RECIPES TO FEED YOUR FUTURE SELF

THE VEGAN WEEK

Gena Hamshaw
of *The Full Helping* blog

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Photography by Ashley McLaughlin

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INTRODUCTION

As a recipe developer, it's probably my job to tell you how easy and joyful cooking can be. I ought to assure you that you, too, can have a nutritious and flavorful homemade dinner on the table in thirty minutes or less.

I'll leave that message to another cookbook author, though, because, for me, getting dinner on the table is rarely effortless. I get overwhelmed easily and become discouraged when recipes go awry. If I haven't thought about what I'm going to cook, I'll default to pasta nine times out of ten. Try though I may, I'll probably never be the sort of person who can cook without a recipe—or at least a plan.

For all these reasons and many others, I meal prep.

I didn't always meal prep. Throughout my late twenties and early thirties, I balanced life as a recipe creator with being a graduate student in the health sciences. I was busy, but I worked from home. I could start preparing dinner in the early evening and cook at a leisurely pace. I even made a ritual of it, playing music and relishing the sight of my tidy mise en place. It's hard to imagine now that cooking ever felt so relaxing.

When I heard people complain that they didn't have time to cook, I was always a little skeptical. I took for granted the

factors that influenced my own enthusiasm for being in the kitchen: freedom, flexibility, and time.

In September 2018, my routine shifted dramatically. I began my clinical internship year, which is the last stage of training for a registered dietitian. It's a year of intense fieldwork, and most of the assignments are carried out in hospitals and clinics.

My internship consisted of 41 weeks, 1,455 hours, 9 rotations, and more than 150 early-morning wake-up calls (think 5 a.m.). My longest commute could be nearly four hours round trip. I loved the work, but it was mentally and emotionally draining. There was a lot of information to retain each day, and many of the patients that I encountered were very ill.

I had known that my internship year would be challenging, but I wasn't prepared for how exhausted I would be. Most of all, I wasn't prepared for how the experience would change my relationship with cooking. For the first time in my adult life, there was nothing appealing about the prospect of dicing onions and garlic at the end of the day.

I resorted to a steady stream of toast and frozen food during the first few weeks of my internship. It was efficient and economical, but the food lover in me languished. I missed creative flavor combinations, varied and colorful bowls, vibrant homemade sauces, and cozy comfort foods.

And that is when my journey with weekend meal prep began.

I'd loosely experimented with meal prep in the past, but I'd never had to confine my cooking entirely to the weekends. Now, I began devoting two or three hours on each Saturday and Sunday to batch cooking. By Sunday evening, I had enough food to pack, store, and heat up between Monday morning and Friday evening. And it was all food I love to eat: hearty, vegan, and nutritious.

Batch cooking had its downsides, of course. Sometimes it felt like a chore, especially when it conflicted with other weekend activities. The payoff, though, was priceless: nutritious, ready-to-eat homemade food for the entire week. By the time my internship year ended, I was a batch cooking evangelist—so much so that I was inspired to write this cookbook. I wanted to pay tribute to the strategies and recipes that had made my routine a success.

I started working on the book in spring 2020—almost exactly when coronavirus erupted in the United States. Meal prep was no longer a necessity for me, but with restaurants shuttered, I certainly needed to cook. What better time to develop recipes?

Much to my surprise, it was difficult to get back into the habit of meal prep. In fact, I hardly wanted to cook at all. As the country saw a renaissance in sourdough bread baking and other time-intensive culinary hobbies, I struggled to heat up frozen vegan meatballs. Like many people who live alone, I spent the early months of the pandemic isolated and afraid. The depression I've struggled with throughout my adult life moved in and clung to me like a stubborn fog.

It was yet another humbling reminder that cooking is anything but easy when life is especially hard. I slowly found my way back to meal prep, one recipe at a time.

I began modestly, preparing a dressing or sauce, a vegan protein, and a soup or pasta dish each weekend. As the weeks went by, I was able to add more dishes to my routine: casseroles, sheet pan meals, and grain bowls. My confidence returned, and so did my enjoyment of meal prep. I started to prepare make-ahead desserts, just for fun. Bit by bit, I eased back into the familiar rhythm of planning, prepping, and then enjoying the fruits of my labor. It felt good; it felt like coming home.

If those difficult months taught me anything, it's that meal prep is an essential part of my ability to enjoy homemade food every day. It's the single factor that keeps me eager to try new recipes and unflustered in the kitchen. My enthusiasm for cooking will probably always wax and wane, but thanks to the habit of meal prep, I manage to cook and eat well even when I'm resistant or unmotivated. I become more intentional about what I eat, and my meals become more wholesome. My taste buds are grateful for diversity, and my body is grateful for sensible, balanced nutrition.

Best of all is the pleasure I feel each time I open my fridge to find a lovingly prepared dinner, grab a homemade snack to throw into my backpack, or remember that there are a few slices of cake waiting to be defrosted when a dessert craving strikes. My present-day self thanks my past self for her forethought and effort.

Meal prep doesn't eliminate the work of cooking. It does, however, ensure that time in the kitchen will be well spent. A few steady hours of food preparation, along with good use of the freezer, can yield an entire week's worth of meals—freeing up your weeknights as well as reducing decision fatigue and last-minute grocery runs.

No matter how seasoned you are as a home cook, I imagine there's been a moment in your life when cooking felt practically impossible, whether because of a busy schedule or a period of personal difficulty. Forgive yourself for the days, weeks, months, or even years in which cooking felt more like a hassle than a joy.

And, when you're ready to cook again, allow meal-prep recipes to welcome you home to your kitchen.

MAKE-AHEAD COOKING FOR REAL LIFE

What comes to mind when you hear the words *meal prep*?

I think of Instagram posts that feature long, neatly stacked rows of food containers, each filled with identical preportioned mounds of food. These posts give me agita. I've tried to meal prep that way, and it never works out for long. I'm not that organized, and as a New Yorker, I don't have that much counter space.

Let go of any preconceived notions you might have about make-ahead meals. There are no rules. Meal prep can be whatever you want and need it to be. It should simplify, not complicate, your life.

Meal prep—which I sometimes call batch cooking or make-ahead cooking—can solve many of the food-related quandaries that face busy professionals, sleep-deprived parents, multitasking graduate students, and anyone else who likes the idea of homemade food but struggles with execution.

Have you been hoping to try new recipes, but find yourself reverting to the same handful of standbys when dinnertime rolls around? Do you rely on takeout more often than you'd like?

Is it your hope to eat more healthfully or to incorporate more vegan meals into your diet, yet you struggle to maintain those habits?

Meal prep can address these common food challenges. It will help you to be more thoughtful in the way you plan your meals, which usually leads to better nutrition. It will spare you the stress of making food decisions when you're fatigued or in a time crunch. It can save money, whether by encouraging you to bring lunch to the office or reducing your household food waste.

The key to sustaining a batch cooking routine over time is to be realistic. The best meal prep strategy for you is the one that you'll actually integrate into your life. Here are four things to keep in mind as you get started:

1. Be kind to your future self. If you find yourself consistently preparing fewer meals than you planned on, then you planned too many.

Scale back. Remember that one good dressing is enough to elevate salads for days. One pan of Bean Ball Marinara (this page) is a week's worth of dinners. Half a pot of White Bean Fennel Soup (this page) can be enjoyed immediately, while the other half can be frozen for later. Future you will be grateful for whatever you manage to get done now.

2. Have a (flexible) plan. Your meal plan doesn't need to be extensive, but it needs to exist. You can't cook food that you haven't shopped for or make recipes that you haven't

selected. I'll share more about my planning process in "Meal Prep, Step by Step" on this page.

3. Remember variety. Left to your own devices, you'll probably make the same things over and over. We all have favorites, and it's reassuring to know that a recipe will work. This is why people fall into food ruts.

Variety is the spice of life, though, and it's also a cornerstone of healthful eating. Our bodies flourish when we take in a wide array of micronutrients (vitamins, minerals, and phytonutrients) and a balance of macronutrients (proteins, carbohydrates, and healthful fats).

You can use meal prep as an opportunity to intentionally incorporate more variety. On this page and this page, you'll find suggestions on what to make in the time that you have available. I purposefully feature an array of dishes, rather than a single type of food.

4. Prioritize. As you strategize about what to cook, think about the problem that most needs solving in the week ahead.

Do you need a bunch of ready-to-eat dinners? In that case, you may wish to make my Bigger Is Better Vegetable Lasagna (this page), portion it out for a few nights, and freeze the rest.

If you work from home and are tired of thinking about what to make for lunch—a dilemma that many of my nutrition clients complained of during the pandemic—you can whip

up Caesar Smashed White Beans (this page), Garlicky Braised Kale (this page), and a pan of Sunday Focaccia (this page). Or you can prepare the ingredients for one of my bowls or lunch boxes (this page).

Be intentional with your batch cooking. Rather than making the first recipe that appeals to you, devote your precious time to the type of food you need most. I'm always in the mood to bake a cake, but if I have only an hour or two to meal prep, I know that nutritious lunches and dinners come first.

Nutritious Meal Planning

If you read my last cookbook, *Power Plates,* or you're familiar with my blog, then you know that I have strong feelings about macronutrient balance.

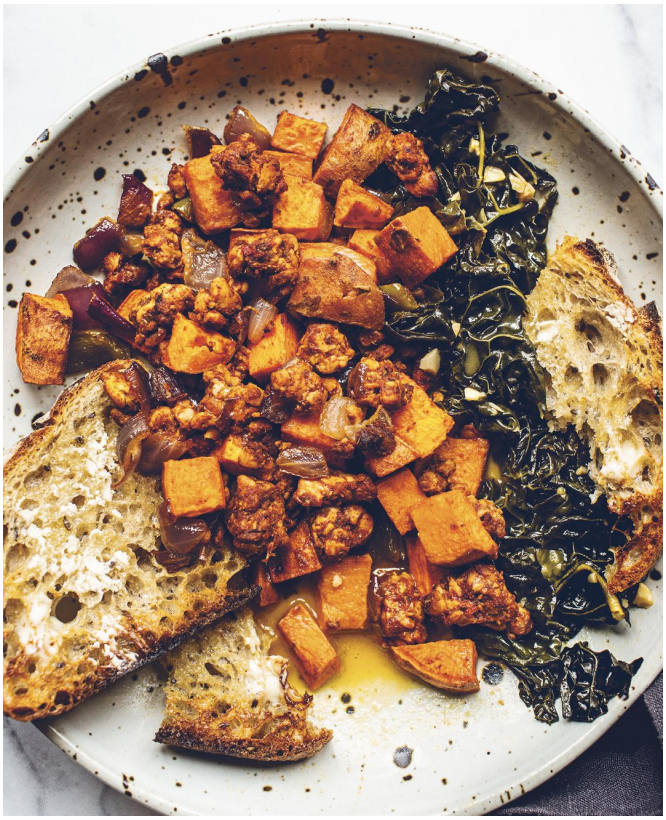
We need to eat large amounts of macronutrients in order to thrive. They include carbohydrates, proteins, and fats. Each of these nutrients plays a role in keeping our bodies fueled and satiated.

I don't prescribe a specific ratio of macronutrients or precise guidelines on how much protein, carbohydrate, or fat to eat each day. But I do recommend aiming to get a source of each macronutrient within each meal. For plant-based eaters, sources include the following:

> **PROTEINS: Legumes, tofu, tempeh, seitan, vegan meats, hemp seeds**
>
> **FATS: Avocado, nuts and seeds, coconut, vegetable oils**

CARBOHYDRATES/STARCHES: Whole grains, bread, pasta, potatoes, most root vegetables, beans, lentils, dry peas

With my experience as a dietitian, I know that most vegans and vegetarians have an easy time sourcing carbohydrates and fats in their diets. Protein can be trickier. For this reason, I tend to shape my recipes around a protein source. The homemade vegan proteins in this book (see beginning on this page) are often the backbone of my weekend meal prep.



Meal Prep, Step by Step

At least once every week, a client tells me, "I want to meal prep, but I don't know where to begin."

The notion of preparing enough food for a few days, let alone a week, can be overwhelming. It becomes much easier when you break the process down into steps.

Step 1: Plan

The first step in meal prep is deciding, at least to some degree, what you'd like to eat in the week ahead.

It may feel limiting to settle on the week's meals ahead of time. Remember this: You'll need to decide what you want to eat sooner or later. Why not make that decision when you're in a clear, unhurried frame of mind, rather than at the end of a long weekday, when you're tired and already hungry?

Also remember that you don't have to eat everything you planned on. Suppose a friend calls you at the last moment and invites you out, or you have an overwhelming craving for takeout. That's fine. Freeze what you have prepared and go merrily with the flow. Meal prep is a flexible framework, not a formula.

HOW I PLAN

Before you select a few dishes to prep, you'll want to figure out how much food you need for the week ahead. Do you only need to make your dinners? In that case, one or two dishes will probably suffice. If you'd like to prepare enough food for both lunches and dinners, then you may need to set aside time for three or four recipes.

When I was a dietetic intern, I brought breakfast, lunch, and snacks to work each day. I also needed to prepare my dinners in advance, because I knew I wouldn't cook on weeknights, despite my best intentions. It was a lot of food, but there wasn't a single week when I regretted prepping it.

See this page to find out how much time to set aside to prep based on what you need throughout the week.

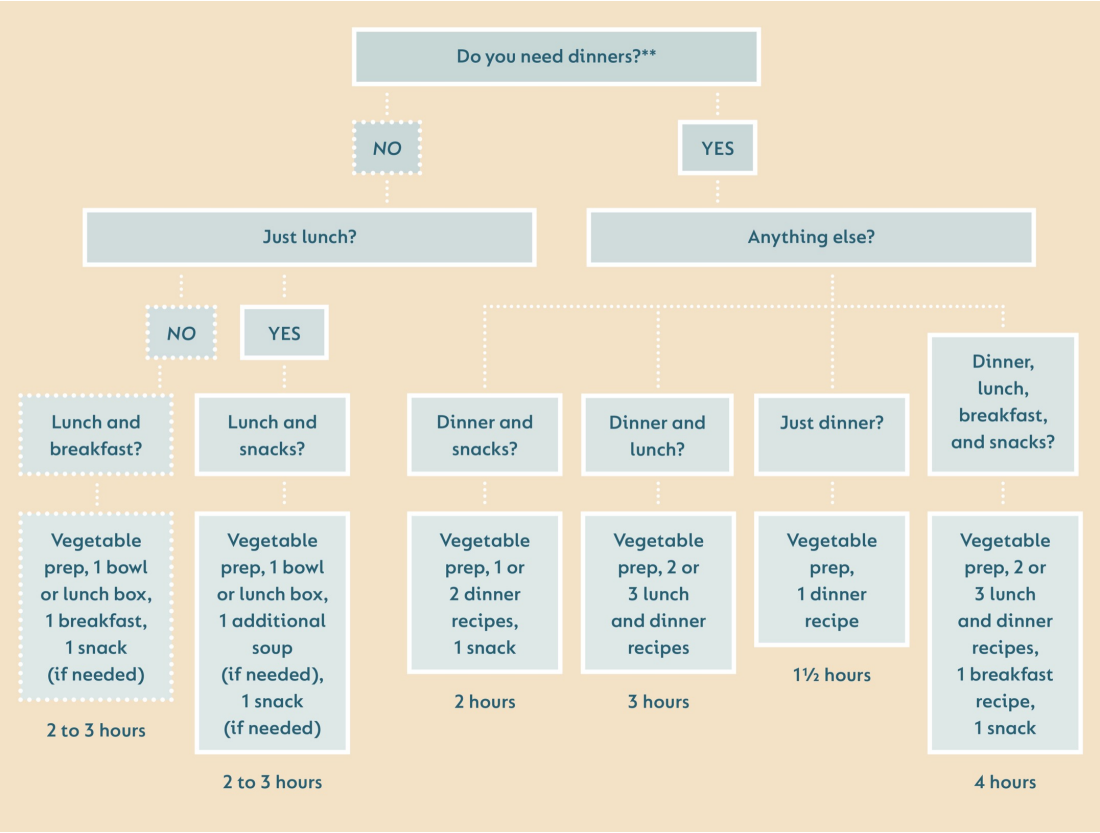
ANOTHER WAY TO PLAN

Suppose you're not yet sure how much food you'll need for the week ahead, but it's Saturday, you have a couple of hours, and you want to prep something.

In that case, don't overthink it. Take advantage of the time you have.

Which meals do you need to make ahead this week?

PREP ACCORDING TO HOW MUCH YOU NEED*

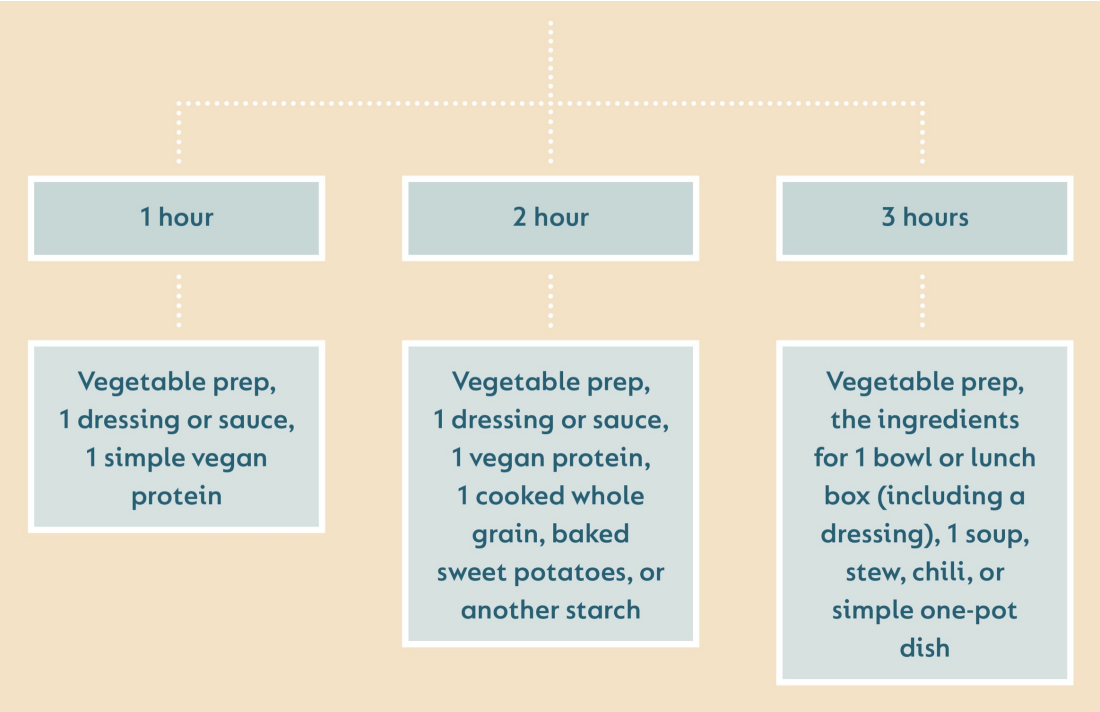


* This meal prep planner is designed for the needs of a one- to three-person home. Be sure to scale it to meet the needs of your household.

** If you, like me, love nothing more than the joy of a homemade dessert, then you can choose to add a dessert to your prep routine. Add time to your estimate based on the recipe that you choose.

How much time do you have?

PREP ACCORDING TO AVAILABLE TIME



I almost always use the first of these planning approaches, thinking about my needs for the week and working backward to plan my meals. But if I'm especially busy or my schedule is up in the air, I take the second approach, and I start cooking.

Remember: *Any* meal prep is better than none. Do what you can.

Step 2: Shop

The next step for meal prep is to shop for ingredients.

Sit down with the recipes you plan to make, look at the ingredients, and assemble a grocery list.

I also recommending giving some thought to the produce you'll need for side dishes, salads, and snacks—in other words, fruits and vegetables that you'll eat in addition to the recipes you cook. They'll become a part of your weekly vegetable prep.

Step 3: Vegetable Prep

Preparing vegetables for recipes, side dishes, and snacks might seem like an afterthought, but it's a hardworking part of efficient weekly meal prep, especially for plant-forward eaters. Cleaning, slicing, and chopping vegetables is time-consuming. Doing some of this work in advance will streamline your cooking considerably.

While you're at it, you can also ensure that you have some simple vegetable accompaniments for your meals. These might include cut broccoli florets for steaming, strips of zucchini to throw in a grill pan, or trimmed green beans that can be quickly blanched.

Here are some of the steps that my weekly vegetable prep can consist of:

- Washing, drying, and chopping leafy greens
- Breaking down heads of cauliflower and broccoli (cutting off florets and peeling and chopping the stalks into pieces)
- Peeling and cutting carrots into sticks for snacking
- Peeling and chopping onions
- Seeding, stemming, and cutting red and yellow bell peppers into strips for snacks (or dicing them for recipes)
- Peeling and slicing cucumbers for snacks

- **Trimming green beans**
- **Shredding cabbage**
- **Washing tomatoes and any other fruit I plan to eat with skin on, such as apples, grapes, strawberries, blueberries, and pears**

You can make your weekly vegetable prep even easier by purchasing precut, steam-in-bag vegetables, chopped leafy greens, and frozen vegetables. Though the plastic packaging for these convenience items isn't ideal, I find that sometimes compromise is necessary for the sake of my sanity and capacity to cook. Don't let the perfect be the enemy of the good.

Cut raw vegetables can be stored with a damp (not wet) paper towel. This helps to keep them crisp for up to 5 days. It also works wonders with salad greens and chopped kale.

Step 4: Cook

Once you've planned, shopped, and prepped your produce, it's time to cook.

I've found that 2 or 3 hours is as much cooking as I can do on any given day without exhausting myself. If my meal prep demands more time than that, I divide it into 2-hour intervals on consecutive days.

I do my best to group together common tasks. For example, if I'm roasting vegetables for my Freezer Breakfast Burritos (this page), I might prepare a batch of Turmeric Roasted Cauliflower (this page) as well. I also often simmer a pot of soup or chili while my Slow-Baked Sweet Potatoes (this

page) are in the oven. Once I pull my food processor out of the cupboard, I might make a batch of Turmeric Chickpea Yogurt Dip (this page), clean it, and then whip up my Chickpea Walnut Taco Meat (this page).

Completing Your Meal Prep

The more meal preparation you do, the more variety of foods you'll enjoy. But you can stretch whatever you prepare with the help of some simple pantry and fridge staples.

Tangy Pinto Beans (this page) can be instantly transformed into a breakfast taco with the addition of corn tortillas, lettuce, salsa, and avocado slices. Smoky, Spicy Lentils (this page) double as sloppy joes when they're served on a hamburger bun. Add some Garlicky Green Sauce (this page) to cooked pasta, mix in a can of white beans, and dinner is served.

The key to these easy, efficient meals is having a well-stocked pantry, fridge, and freezer. This is easier said than done, but it helps to have an inventory—a list of food that you always keep stocked. See mine below.

MY KITCHEN INVENTORY

PANTRY

Corn or wheat tortillas
Sandwich bread
Whole-grain wraps
Tomato paste
Canned beans and lentils
Canned tomatoes: crushed, whole and peeled, and diced

Dry pasta, noodles, and couscous

Raw cashews

Dry grains: quinoa, barley, rice, farro

Unbleached all-purpose and whole-wheat flours

Nutritional yeast

Russet and sweet potatoes

FREEZER

Frozen fruit

Extra loaf of bread

Plenty of leftovers

FRIDGE

Nondairy milk (I like oat and soy milks)

Vegan butter

Vegetables: broccoli, zucchini, carrots, cucumbers, green beans, and any seasonal vegetables

Fruits: apples, berries, grapes, clementines, bananas, and any seasonal fruits

Storage & Reheating

Below you'll find some general advice for storing and reheating your meal prepped creations. You'll find more specific information in my recipe headnotes.

Storing

Most of the recipes in this book can be stored in the fridge for up to 4 or 5 days. Aim to transfer cooked food to the fridge as soon as it has cooled down enough to handle.

You can store prepared food in a large container, or you can divide it into individual containers. The latter is helpful for

ensuring equal portions or if you transport your meals to a workplace or campus. A good collection of storage containers is key, and you can find my recommendations on this page.

While I've done my best to give storage time estimates for the recipes in this book, you should always use your judgment when it comes to a food's shelf life. If anything looks or smells off to you after a few days of storage, it's not worth taking chances. In addition, it's helpful to label and date food, especially before freezing. I use masking tape and a Sharpie to do this.

If you're curious about the shelf life of fruits, vegetables, and common pantry items, the USDA's FoodKeeper app is a handy tool for your smartphone, and the information is also available at foodsafety.gov.

Freezing

I live on my own, so I nearly always freeze half of a recipe right after I prepare it. A full freezer means that I have nutritious, homemade food available whenever I can't or don't wish to cook, and it helps me avoid food waste.

Most vegan foods are great candidates for freezing. This includes soups, cooked grains, breads, and many desserts. I freeze salad dressings, hummus, cashew cream, cooked pasta, nuts, seeds, bread, bananas, and fruit.

If you freeze food in big batches, you'll need to defrost big batches. For this reason, I usually freeze in single or double

portions. One of these meals becomes the homemade, more wholesome equivalent of microwaving a frozen dinner.

Safe Defrosting

Once you get into the habit of freezing, you'll also do a lot of defrosting. There are two rules for safe defrosting: (1) don't defrost food on the countertop (or at room temperature) and (2) don't defrost food in hot water.

Here are four safe ways to defrost food:

1. In the fridge. This method takes the longest, but it's the most reliable. Simply remove whatever frozen food you have from the freezer, pop it into the fridge, and allow it to defrost over time. Twenty-four hours is usually sufficient.

2. In cold water. You can defrost food by submerging it in cold tap water. This is faster than defrosting in the fridge, but you'll need to change the water every 30 minutes. I use this method for defrosting salad dressings but rarely for anything else.

3. In the microwave. You can use your microwave's thawing settings as directed to defrost food. Microwave-thawed food should be cooked immediately after defrosting.

4. Through cooking. It's safe to cook food directly, whether on the stovetop, in the oven, or in the microwave, from its frozen state.

It's also safe to refreeze food that has been thawed in the fridge without cooking or heating it first, though textures

may change as a result. Be sure that any defrosted food hasn't been left at room temperature for more than 2 hours.

Reheating

The food safety rule of thumb is to reheat all leftovers to a minimum internal temperature of 165°F / 75°C. A probe thermometer is an inexpensive, useful kitchen tool that will allow you to easily check temperatures.

There are three ways to reheat most of the dishes in this book. The first is in the oven. I use a covered ovenproof dish (or a dish with tented aluminum foil on top) for this job. Ten minutes of reheating at 350°F / 175°C is usually enough for a single or double portion of food, while a larger volume might require up to 20 minutes.

Stored portions of food can be reheated in the microwave. Using a covered, microwave-safe dish prevents food from drying out, and moist heat helps to kill bacteria. Rotate or stir food once halfway through reheating to avoid cold spots. In my microwave, 2 to 3 minutes on high heat is usually adequate for single or double portions, but microwaves vary in power, so adjust your cooking time accordingly.

Finally, liquidy dishes (such as the Curried Red Lentils, this page) can be reheated in a pot over the stovetop. Bring them to a boil (or a vigorous simmer, for thicker mixtures) and then simmer for 2 to 3 minutes, stirring often so that they reheat evenly.

Storage Containers

I've fallen in love with silicone storage bags. They've helped me to dramatically reduce my single-use plastic consumption at home, and I can use them to store, freeze, or transport food.

Silicone storage bags come in a variety of sizes, including smaller ones that are suitable for freezing single portions of food. Larger sizes are useful for storing produce in the fridge.

When I'm not using silicone bags to store food, I use mason jars or airtight glass containers. Mason jars are great for sauces, soups, dressings, and dips. Airtight glass containers are sturdy and environmentally friendly.

You can freeze food in glassware, so long as you keep in mind that liquids expand as they freeze. I leave an inch / 2.5cm of headspace at the top of a mason jar or glass container before transferring to the freezer to guard against accidental shattering.

The downside of glass storage containers is their weight, especially for commuters who carry heavy bags or backpacks. As an intern, I found a few durable plastic containers that have stood the test of time. One of these is the Porter Bowl from W&P. Another is the Rosti Mepal Salad Box Ellipse.

Finally, I like using divided storage containers for some of my bowls (see beginning on this page) and any recipe in

which components should be stored in separate compartments. The stainless steel LunchBots Trio is a favorite. I also like the Rosti Mepal bento lunch box and the Pyrex MealBox.

NOTEWORTHY INGREDIENTS

The last thing I wanted to do as a busy intern was to run around New York City in search of specialty foods. I've developed these recipes with as many everyday kitchen ingredients as possible. A few of them are worth calling attention to:

Aquafaba Aquafaba is the liquid in which beans have been cooked. In vegan recipes, it nearly always refers to the cooking water for chickpeas. When I refer to aquafaba, I'm referring specifically to the liquid from *canned* chickpeas, as I've had little experience with the aquafaba that results from cooking chickpeas from scratch.

Thanks to proteins in the liquid, aquafaba is an incredible substitute for egg in vegan baking. This means that it's the secret to vegan meringue, pudding, cake, and more. It's responsible for the paper-thin, shiny, crinkle topping on my Fudgy Brownies (this page). Aquafaba also comes in handy for binding and giving some structure to baked goods, just as eggs do.

My rule of thumb is to substitute 3 tablespoons of aquafaba for each egg in a recipe. Aquafaba can be added directly to a batter, or it can be whipped beforehand, lightly or extensively, to mimic the process of folding in egg whites. Be sure to use aquafaba from canned chickpeas that are low

in sodium. Freeze or reserve the chickpeas themselves for your recipes and meals.

Beans Beans are inexpensive and amazingly versatile, and they're a staple food in my diet. They provide protein along with a host of other nutrients (iron, fiber, calcium, and folate).

It's an unpopular opinion for a food writer, but I nearly always use canned beans in my cooking. Soaking and boiling dried beans isn't hard work, but it's time-consuming, and every effort spared is a gift to the busy meal prepper. Canned beans aren't a splurge as far as proteins go, and I don't find that beans cooked from scratch are much superior in flavor to canned beans.

If you like cooking beans from scratch and freezing or storing them, that's great. If you, like me, are more likely to open a can of beans than to soak and boil them, that's also fine. Canned beans are as nutritious as their home-cooked counterparts. If you're being mindful of your sodium intake, be sure to select canned beans that are low in salt.

Most canned beans come in 14½- to 15½-ounce / 410 to 440g cans, and there are usually just over 1½ cups / 240g of drained cooked beans in a can. For this reason, my recipes call for beans in 1½-cup / 240g multiples. Use home-cooked, canned, or a combination of both—the choice is yours.

Bragg Liquid Aminos Bragg Liquid Aminos is a condiment that's similar to soy sauce but with both a sweeter and a

deeper flavor. It's conveniently sold in a 6-ounce / 177ml bottle with a spray nozzle, in addition to larger sizes. I like to use it in my House Dressing (this page). The spray nozzle makes it easy to evenly season food that's cooking in a frying pan or skillet.

Cashews Rarely a weekend goes by when I don't soak cashews in water so that I can blend them into a batch of Tangy Cashew Cream (this page) or another dairy-free sauce.

If you don't have an ultra-high-speed blender (such as a Vitamix), then it's important to soak raw cashews in order to soften them before you blend them. Two hours of soak time is enough, but you can also soak your cashews in freshly boiled water if you're short on time. Cashews soaked in hot water will be ready for blending in 30 to 60 minutes. You can also soak your cashews overnight in the fridge in a covered container.

The cashews I use for blending are unroasted and unsalted. These cashews are usually labeled raw, though technically they're roasted once before packaging, as part of their harvesting process.

A note to my readers with cashew allergies: I'm sorry! I use a lot of cashew cream and whole cashews in my recipes. If you need a replacement for 1 cup / 240ml of cashew cream, I recommend the following:

- **½ cup / 120g tofu cream cheese (such as Tofutti) blended with ½ cup / 120ml water**

- 1 cup / 220g silken tofu, blended till smooth
- 1 cup / 240ml unsweetened plain coconut yogurt

Grains I use many whole grains in my cooking. I cook larger grains, including farro, barley, and brown rice, in a large pot of boiling water—just like pasta. I find that this method produces more reliable results, including brown rice that's neither mushy nor undercooked. I use pearled barley rather than hulled and pearled farro in place of whole, simply to save cooking time.

For quinoa (which is technically an edible seed but is treated like a whole grain) and white rice, I measure out a precise amount of water, bring the grains and water to a boil, cover, and simmer for as much time as the grain needs to cook.

If you have other tried-and-true methods for cooking grains, you're welcome to use them in place of mine. It's also always helpful to check packaging for cooking instructions.

Nondairy Milk Unless noted otherwise, you can use soy, almond, cashew, or oat milk wherever nondairy milk is called for in these recipes. Be sure to use a plain or unsweetened nondairy milk, so that you don't inadvertently sweeten a savory recipe. Using unsweetened milk is also a wise idea in dessert recipes because it allows you to control the level of sweetness.

Nutritional Yeast Nutritional yeast is a form of inactive yeast that contributes cheesy flavor to food. It's also rich in B vitamins and a good protein source. Nutritional yeast can be

found online or in natural grocery stores, sometimes in bulk sections and sometimes prepackaged.

Nutritional yeast comes in two forms: flakes and powder. Powder is easier to stir into dressings or other dishes because of its fine texture, but I tend to use the two products interchangeably.

Oils I have two go-to cooking oils. The first is extra-virgin olive oil, which I use for sautéing. I also use olive oil in vinaigrettes, pesto, and other dressings or sauces.

Refined avocado oil is my choice for roasting, baking, or whenever I want a neutral flavor. It's stable at high temperatures and low in saturated fat. If you like, you can substitute another vegetable oil, such as safflower, grapeseed, or canola, for the refined avocado oil that you'll see listed in recipe ingredients.

Coconut oil is rich in saturated fat, so I tend to use it sparingly. However, it's a good stand-in for butter, and it's solid at room temperature. I add a small amount to melted chocolate sometimes in order to help it set once cooled (for example, in Salted Tahini Date Caramel Cups, this page).

Salt I cook primarily with two kinds of salt: fine sea salt and Diamond Crystal kosher salt.

When you see kosher salt listed in the ingredients for a recipe, it's Diamond Crystal kosher salt that I'm referring to. Diamond Crystal kosher salt has a hollow, pyramid-like structure that allows it to cling to food easily. It's also less

salty than other types of kosher salt, Morton included, which offers some protection against overseasoning. You can substitute another type of kosher salt in the recipes, but then you may wish to reduce slightly the amount of salt to account for the difference.

On some occasions, I use another type of sea salt, which is Maldon salt. Maldon is very flaky, so it's good for finishing dishes. It makes appearances in my Sunday Focaccia (this page) and my Salted Tahini Date Caramel Cups (this page).

Finally, two of my breakfast recipes, the Simple Eggy Scramble (this page) and the Simple Eggy Squares (this page) call for kala namak, or Himalayan black salt. This type of salt has a high sulfur content, which means that it can add eggy flavor to vegan tofu scrambles and other savory breakfast fare. Kala namak can often be found in natural grocers, such as Whole Foods. You can also purchase it from online spice retailers or on Amazon.

No matter what, I invite you to always taste your food and adjust salt to your liking before you serve a dish.

Soy Curls I'll never understand how a single ingredient—organic, non-GMO soybeans—can be transformed into something as magical as a soy curl. Soy curls are dried strips that can be hydrated in hot liquid. Once they plump up, they develop a texture that reminds me of chicken. I hydrate them in vegan chicken-style broth to make a basic, versatile protein that can be eaten on its own or flavored further.

Soy curls can be purchased online directly from Butler Foods, which is the company that makes them. They can sometimes be found in health food stores or grocers that specialize in plant-based ingredients as well.

Tamari Tamari is a type of soy sauce that's made without wheat. It's a suitable option for gluten-free eaters, and I think that it has a deeper flavor than regular soy sauce. If you can't find tamari or don't have it at home, both soy sauce and Bragg Liquid Aminos (see this page) are good substitutes.

Tahini Tahini is a creamy paste made from sesame seeds. It's often a key ingredient in hummus, and it appears frequently in other dishes from the Mediterranean and Middle East.

Tahini is good for whisking into salad dressings, including my Harissa Tahini Vinaigrette (this page). It's what gives my Broccoli Tahini Pesto Pasta (this page) creaminess, and I use it in place of butter on roasted sweet potatoes.

Tahini can be made from raw or roasted sesame seeds. I recommend purchasing one that's made with roasted seeds for depth of flavor. Tahini from the Seed + Mill, a shop based in New York City, is my favorite.

Tempeh Tempeh, which can be found at natural grocers and many mainstream grocers as well, is made from fermented soybeans. It has a dense, firm texture and an earthy flavor. Tempeh is a nutritional powerhouse: it's rich in fiber, iron, and trace minerals in addition to having an impressive protein content.

Tempeh is my favorite vegan protein. I especially like to marinate and bake it in cubes (Balsamic Tempeh, this page) or to crumble it and season it like chorizo (Tempeh Chorizo, this page).

Tofu Tofu, which is also a soy protein, is made from crushed and boiled soybeans. It can have a very soft texture, which is labeled silken tofu, or it can be sold in firmer blocks. I cook with extra-firm tofu most often, but I use regular firm tofu in my Simple Eggy Scramble (this page). Silken tofu, which is soft enough for blending, is a perfect base for Chocolate Pots de Crème (this page) and Simple Eggy Squares (this page).

Before you work with firm or extra-firm tofu, it can be helpful to press the tofu in order to remove some of its moisture. This serves two purposes: it helps the tofu absorb more flavor from marinades and sauces, and it also gives the tofu a firmer texture.

> ### PRESSED TOFU
>
> There are commercial tofu presses that are dedicated to this job, but you don't need special equipment to press tofu at home. You can simply put a tea towel on a large plate, place your block of tofu on top of it, and then cover the tofu with another tea towel and a second plate. Put a heavy book or two on the top plate to act as a weight that will press the tofu. After 15 to 30 minutes, the tofu will be ready to use.

Most tofu is sold in a 16-ounce / 450g or 14-ounce / 400g blocks. This includes silken tofu, though shelf-stable silken tofu is also sold in a 12.3-ounce / 349g block. I call for 16 ounces / 450g of tofu in my recipes, but you can use 14

ounces / 400g if that's what you have. If a recipe calls for 16 ounces / 450g of silken tofu, you can use 1¼ of the shelf-stable cardboard-packed blocks as well. Freeze or refrigerate leftover silken tofu to use in other recipes.

Vegan Butter I frequently give thanks for the fact that there are now so many great vegan butter options in stores. I rely primarily on two brands. One is the Earth Balance brand, which is sold in most grocers. The other is Miyoko's Creamery, which makes an authentic-tasting vegan butter that's delightful on toast.

You can use a vegan butter of choice for the recipes in this book, and that butter can be salted or unsalted. I recommend butter that comes in stick form for baking, as it's easiest to measure.

Vegan Chocolate A lot of dark chocolate, semisweet chocolate, and bittersweet chocolate is vegan without being labeled as such. I've seen semisweet chocolate that's vegan starting at 48%. Many bars of 65% or higher dark chocolate are vegan. Read ingredient labels, and look for chocolate that doesn't list milk, milk powder, butterfat, or other dairy products as ingredients (much chocolate is processed in a facility that also handles milk, but this is primarily a concern for allergy sufferers who are worried about cross-contact). I use chopped vegan dark chocolate bars, vegan chocolate chips, and vegan chocolate morsels in my baking.

Vegan Yogurt Some of the best vegan product innovations of the last few years have been in the nondairy realm. Vegan yogurts have come an especially long way, and I use them in

both savory and sweet recipes. You'll see the option to use yogurt in my Curried Red Lentils (this page) and in my Key Lime Pie Crumble Cups (this page).

There are a number of plain and flavored vegan yogurt options to choose from, but my personal favorites—and the ones I recommend—are the cashew milk yogurt from Forager Project and the almond milk yogurt from Kite Hill.

Vital Wheat Gluten Vital wheat gluten, also sold as gluten flour, is the protein component of wheat flour that has been stripped of its starch. It's the main ingredient in seitan, which is a sturdy, versatile vegan protein that has a meaty texture. I use it to make my Savory Seitan Sausages (this page), as well as other forms of homemade seitan.

APPLIANCES & COOKWARE

I don't wish for you to make any big purchases for the recipes in this book. However, there are a few appliances that I do recommend if you don't have them already. If you're new to vegan cooking, these tools will make it possible for you to try a wide array of recipes and homemade food.

The tool that I consider to be most essential is a food processor. A high-speed blender, such as a Vitamix or Breville Super Q, is also very helpful, though a food processor has many of the same functions. If you have the choice between splurging on a food processor or a blender, I'd recommend a food processor.

Food Processor My Cuisinart food processor is the single appliance that gets the most use in my home. I use it to make homemade hummus and bean dips, snack balls (see this page), creamy dressings, veggie burgers and patties, pizza dough, and piecrust. I also use it to shred carrots, slice cabbage, and prep other vegetables.

Food processors are an investment, but they're worth their weight in gold. I recommend a food processor with a capacity of at least 8 cups / 1.9L for the greatest versatility.

Nonstick Cookware I can no longer imagine cooking without my nonstick cookware. It allows me to cook without using a lot of unnecessary oil, and perhaps most important, I love the quick and easy cleanup that it affords.

If you don't have at least one good nonstick pan or pot, I recommend investing in one. There are many nontoxic options available nowadays at different price points. I like the GreenPan brand and, for a durable investment, the Le Creuset Toughened Nonstick Pro line.

Powerful Blender An ultra-high-speed blender, such as a Breville Super Q (my favorite) or Vitamix, will allow you to pulverize just about anything. It will make creamy nut- and seed-based dressings, silky-smooth blended soups and smoothies, and other blends an easy reality.

There are other capable blenders that aren't high speed. For example, the Ninja and Nutribullet will blend everything you need for the recipes in this book.

Stand Mixer If you love to bake, then a stand mixer is guaranteed to give you many years of joy. I use my stand mixer to knead homemade bread, whip frosting and aquafaba, mix cookies and cakes, and more. It's an incredible tool, and I don't mind that it takes up a sizeable chunk of the limited storage space in my New York City apartment.

If you're not a regular baker but enjoy it on occasion, a handheld mixer is a good—and much less expensive—alternative to a stand mixer.

PROTEINS

As a new vegan, I was quick to dismiss concerns about eating enough protein. In fact, I would roll my eyes when asked the question that all vegans dread: "Where do you get your protein?"

Then I became a dietitian. As I deepened my education and training, I was forced to reevaluate some of my previous assumptions about plant-based nutrition, including my blasé attitude toward sourcing protein.

Yes, vegans can obtain all the protein they need from plant-based foods. But doing so isn't necessarily effortless, especially if you're new to meatless cooking. For this reason, I've learned to make plant proteins the backbone of my meals.

This chapter features homemade, everyday vegan proteins, created with my favorite high-protein plant-based foods: legumes, soy foods, and seitan. If you bookmark any chapter in the book, let it be this one.

I make my Simple Eggy Scramble (this page) nearly every week, adding it to burritos (see this page) or breakfast casserole (see this page) or simply scooping it up with a toasted English muffin for a fast, protein-rich morning bite.

I use Chickpea Walnut Taco Meat (this page) in Taco Salad (this page) or Sheet Pan Nachos (this page). If I'm short on time, I sometimes fold it together with cooked rice and steamed greens—a simple yet nutritious meal. My Curried Red Lentils (this page) can be enjoyed with flatbread, or

they can be stuffed into sweet potatoes and paired with greens braised in coconut milk (see this page).

There have never been more vegan meat options in grocery stores. I'm so glad that these products exist, but I also love the economy and satisfaction of making plant proteins from scratch. Preparing my own seitan sausages (see this page), for example, has been a revelation. Homemade seitan is so much easier than I thought it would be, and it's less expensive than brand-name options.

A number of the proteins in this chapter are cross-referenced throughout the book. In these cases, I've included a quick list of recipes that incorporate the protein at the bottom of the recipe itself.

Curried Red Lentils

MAKES 6 SERVINGS (6 CUPS / 1.4KG)

Red lentils are a perfect match for busy home cooks because of their quick cooking time. Here, they're simmered with curry powder and finished with a creamy component: either my tangy cashew cream or a store-bought plain vegan yogurt. The dish has a nice balance of earthiness and acidity. You can serve the lentils with your favorite flatbread or cooked grain, or you can use them to make my Stuffed Sweet Potatoes with Coconut Greens (this page).

1 tablespoon refined avocado oil
1½ teaspoons mustard seeds
1 teaspoon cumin seeds
1 small white or yellow onion, chopped
1 fresh tomato, chopped, or 1 cup / 210g canned diced tomatoes, drained
1 tablespoon curry powder
2 cloves garlic, minced
1½ cups / 300g dried red lentils
3 cups / 720ml water
1 teaspoon kosher salt
⅛ teaspoon freshly ground black pepper
¾ cup / 180ml Tangy Cashew Cream (this page) or ¾ cup / 180ml unsweetened plain vegan yogurt
1 to 2 tablespoons freshly squeezed lime juice

Heat the oil in a large, heavy pot over medium heat. When the oil is shimmering, add the mustard and cumin seeds. Once the seeds start to pop, add the onion and tomato to the pot. Cook, stirring frequently, until the onion is tender and translucent and the tomatoes have released their juices, 6 to 7 minutes. Stir in the curry

powder and garlic. Continue to cook, stirring constantly, for 2 minutes more.

Add the red lentils and water to the pot. Bring the mixture to a boil, then turn the heat to low. Cover and simmer the lentils until tender, about 15 minutes. Uncover the pot and stir in the salt and pepper, followed by the Tangy Cashew Cream and the lime juice to taste. Continue to simmer, uncovered, until the lentils have thickened slightly and are warmed through, 3 to 5 minutes more. Taste and add additional salt and pepper as needed.

Serve right away, or meal prep for the week by transferring the lentils to a single airtight container or portioning them into individual containers. Store in the fridge for up to 5 days or in the freezer for up to 6 weeks.

SLOW-BAKED SWEET POTATOES, THREE WAYS (THIS PAGE)
STUFFED SWEET POTATOES WITH COCONUT GREENS (THIS PAGE)

Caesar Smashed White Beans

MAKES 6 SERVINGS (3 CUPS / 690G)

I've made countless batches of smashed chickpeas with Vegenaise—a perfect plant-based sandwich spread. Chickpeas aren't the only beans that work with this preparation, however. White beans have a buttery texture that makes them especially good for mashing and seasoning with a good, creamy dressing. Here, cannellini beans are mixed with a cashew-based vegan Caesar dressing and tossed with celery, parsley, and capers. I love making these beans for lunch sandwiches, but they're also an excellent afternoon snack along with some salty, seedy crackers, toast, or pita wedges.

⅓ cup / 45g whole or chopped raw cashews, soaked in water for at least 2 hours and drained

2 tablespoons capers

1 clove garlic, coarsely chopped

2 tablespoons nutritional yeast

¼ teaspoon fine sea salt

5 tablespoons / 75ml water

1 tablespoon freshly squeezed lemon juice

2 teaspoons white wine vinegar

3 cups / 480g cooked cannellini or Great Northern beans, or two 15-ounce / 425g cans, drained and rinsed

⅓ cup / 35g finely chopped celery

¼ cup / 10g chopped fresh parsley

Freshly ground black pepper

Blend or process the cashews, 1 tablespoon of the capers, the garlic, nutritional yeast, salt, water, lemon juice, and vinegar in a high-speed blender or food processor until smooth.

Place the beans in a bowl and add the cashew mixture and the remaining 1 tablespoon capers. Use a handheld potato masher to smash the beans until they're half mashed, half whole. Fold in the celery and parsley and season with pepper. Taste and add additional salt or pepper as needed.

Serve right away, or meal prep for the week by transferring the smashed beans to an airtight container or portioning them into individual containers. Store in the fridge for up to 4 days or in the freezer for up to 4 weeks.

Chickpea Walnut Taco Meat

MAKES 4 SERVINGS (2½ CUPS / 385G)

I learned to use salsa as an ingredient, rather than a condiment, from Ashley McLaughlin, my dear friend and also the photographer who brought this book to life. Ashley told me that she uses store-bought salsa to easily season food, which eliminates the need for chopping onion, garlic, and tomatoes. I've adopted the hack as my own, and I use it to help turn a can of chickpeas and some ground walnuts into a plant-based taco "meat" in this recipe. I love how effortless this homemade vegan meat is, and I also love its wholesome ingredients. Your salsa may contribute enough saltiness to the taco meat that you can forgo additional seasoning, but I recommend tasting it and adding kosher salt at the end as needed.

¾ cup / 75g walnut pieces
1½ cups / 240g cooked chickpeas, or one 15-ounce / 425g can, drained and rinsed
2 teaspoons refined avocado oil
¾ cup / 180ml mild or spicy fresh or jarred salsa
2 tablespoons nutritional yeast
1 teaspoon smoked paprika
½ teaspoon chili powder
¼ teaspoon garlic powder
Kosher salt, as needed

Place the walnuts in a food processor fitted with the S blade. Pulse the walnuts a few times, just enough to break them down a bit. Add the chickpeas to the processor and pulse repeatedly, until you have a uniform, crumbly mixture.

Heat the oil in a skillet or frying pan over medium heat. When the oil is shimmering, add the chickpea walnut mixture and cook for 2 minutes, stirring frequently. Add the salsa, nutritional yeast, paprika, chili powder, and garlic powder to the pan. Continue cooking, stirring once or twice every minute or so, until the chickpeas and walnuts have absorbed the seasonings and are starting to get a little crispy, 7 to 10 minutes. Taste the mixture and add kosher salt to your liking.

Serve right away, or meal prep for the week by transferring the taco meat to a single airtight container or portioning it into individual containers. Store in the fridge for up to 4 days or in the freezer for up to 4 weeks.

HASH BROWN BREAKFAST CASSEROLE (THIS PAGE)
TACO SALAD (THIS PAGE)
SHEET PAN NACHOS (THIS PAGE)

Simple Eggy Scramble

MAKES 4 SERVINGS (2 CUPS / 390G)

My typical tofu scramble is laden with any vegetables I happen to have in the fridge, plus the occasional scoop of beans or grains. I love those hearty breakfasts, but sometimes a simpler scramble is what's needed—or even preferred—as a means of replacing eggs. Tahini gives this scramble a creamy texture, while kala namak (black salt) helps to create a distinctively eggy flavor. A nonstick pan will give you the best results, as the tofu is prone to sticking on cast iron or stainless steel. I use the scramble in my Freezer Breakfast Burritos (this page), Hash Brown Breakfast Casserole (this page), and Vegan Fried Rice (this page), but I also enjoy it simply on toast, topped with quick-pickled onions (see this page).

One 16-ounce / 450g block firm tofu, pressed (see this page)
2 tablespoons tahini
2 tablespoons nutritional yeast
½ teaspoon ground turmeric
¼ teaspoon kala namak (black salt)
¼ teaspoon fine sea salt
1 tablespoon vegan butter
Freshly ground black pepper

Use your hands to crumble the tofu into a large mixing bowl. Add the tahini, nutritional yeast, turmeric, kala namak, and sea salt. Thoroughly mix with your hands until the tofu is finely crumbled and the seasonings are mixed in uniformly. You're not aiming for sizable chunks of tofu in this scramble.

Heat the butter in a large nonstick skillet over medium-low heat. Add the tofu mixture and cook, stirring gently every minute or so, until the tofu is hot throughout and soft but not liquidy, about 5 minutes. Season to taste with pepper before serving or storing.

Serve right away, or meal prep for the week by transferring the scramble to a single airtight container or portioning it into individual containers. Store in the fridge for up to 5 days or in the freezer for up to 6 weeks. Reheat thawed scramble in a small nonstick skillet over low heat until warmed through, 3 to 5 minutes.

FREEZER BREAKFAST BURRITOS (THIS PAGE)
HASH BROWN BREAKFAST CASSEROLE (THIS PAGE)
VEGAN FRIED RICE (THIS PAGE)

Simple Eggy Squares

MAKES 9 SERVINGS

These simple eggy squares are closely related to my Simple Eggy Scramble (this page), but they evolved to satisfy my love of breakfast sandwiches. I found that trying to get the Simple Eggy Scramble to stay put in a sandwich inevitably resulted in bright yellow tofu crumbs all over my lap. These baked squares, which are made with silken tofu and chickpea flour, have the same eggy flavor as the scramble, but they can also be layered neatly into my To-Go Breakfast Sandwiches (this page). You can also cut them into slices to top a bowl, stir-fry, or salad for extra protein—my plant-based version of "putting an egg on it."

One 16-ounce / 450g block silken tofu
½ cup / 60g chickpea flour or ½ cup / 70g unbleached all-purpose flour
2 tablespoons nutritional yeast
¼ teaspoon kala namak (black salt)
¼ teaspoon fine sea salt
¼ teaspoon onion powder
¼ teaspoon ground turmeric
¼ teaspoon baking powder
2 tablespoons water

Preheat your oven to 350°F / 175°C. Line an 8-inch / 20cm square baking pan with two overlapping sheets of parchment paper. The sides of each piece should drape over the sides of the baking pan.

Blend the tofu, chickpea flour, nutritional yeast, kala namak, sea salt, onion powder, turmeric, baking powder, and water in a blender until smoothly pureed. Pour the mixture into the prepared

baking pan. Bake until the top is set and the edges are firm, about 20 minutes.

Allow to cool for at least 1 hour before removing it from the pan. Using the overhanging parchment paper, lift the baked square out of the pan and remove the parchment. Cut into nine small squares (for English muffins) or four large squares (for sandwiches).

Serve right away, or meal prep for the week by transferring the squares to a single airtight container or portioning them into individual containers. Store in the fridge for up to 5 days or in the freezer for up to 6 weeks. Reheat thawed eggy squares in a small nonstick skillet over medium heat until warm, flipping halfway through, about 2 minutes per side.

TO-GO BREAKFAST SANDWICHES (THIS PAGE)

Basic Soy Curls

MAKES 2¾ CUPS / 350G

I have a mild obsession with soy curls, a single-ingredient product that can be transformed into the most versatile, cheapest vegan "chick'n" around. Soy curls are made from dehydrated, non-GMO soybeans. I hydrate them in chicken-style broth until they're tender. Once they're plumped up, as they are here, the soy curls can be enjoyed as they are or seasoned further and transformed into Pepper Steak Soy Curls (this page), the meat in vegan fajitas or gyros, and more. This basic recipe calls for 3 cups / 120g of soy curls, which is half of a standard-size 8-ounce / 225g package. In place of a vegan chicken-style broth, you can use enough vegan chicken-style bouillon powder or cubes to equal 4 cups / 950ml of broth. Vegetable broth is also a fine substitute in a pinch.

4 cups / 950ml vegan chicken-style broth
3 cups / 120g Butler Foods soy curls

Fill a pot with the broth and bring to a boil. Place the soy curls in a large mixing bowl.

Once the broth boils, turn off the heat. Pour the hot broth over the soy curls and cover the bowl. Allow the soy curls to hydrate for 10 minutes, then drain in a colander. Once drained, use the bottom of a bowl to press down on the soy curls, helping to wring out the excess moisture.

Use right away or store the soy curls in an airtight container in the fridge for up to 5 days or in the freezer for up to 6 weeks.

PEPPER STEAK SOY CURLS (THIS PAGE)
SOY CURL FAJITAS (THIS PAGE)
SOY CURL GYROS (THIS PAGE)

Tofu Feta

MAKES 2⅓ CUPS / 435G

There's now commercial vegan feta cheese available in grocery stores, but I've kept my loyalty to tofu feta, a trusty DIY vegan staple. Tofu feta is softer and milder than "real feta," but it hits the same briny, salty flavor notes. I use the feta in salads and grain bowls, and I also fold it into hot pasta. You have the option to cut the tofu into cubes before marinating or to crumble it. I like both styles; I use the cubes in my Orzo-Stuffed Tomatoes (this page) and the crumbles in salads or my Za'atar Roasted Carrot & Tabbouleh Bowls (this page).

¼ cup / 60ml freshly squeezed lemon juice
3 tablespoons white miso
2 teaspoons red wine vinegar
¼ cup / 60ml water
1 small clove garlic, minced (optional)
2 tablespoons nutritional yeast
¼ teaspoon fine sea salt
⅛ teaspoon freshly ground black pepper
One 16-ounce / 450g block extra-firm tofu, pressed (see this page) and cut into 1-inch / 2.5cm cubes or coarsely or finely crumbled

Note: I don't recommend freezing this tofu, as defrosting will change the texture.

In a mixing bowl, whisk together the lemon juice, miso, and vinegar until you have a thick, smooth paste. Add the water and

whisk until smooth, then whisk in the garlic (if using), nutritional yeast, salt, and pepper.

Place the tofu in an airtight storage container. Pour the marinade over the tofu then cover with a tight lid and shake the container to evenly coat the tofu with the marinade. Allow the tofu to marinate in the fridge for at least 4 hours, but preferably overnight. (The tofu will become more flavorful as it marinates.)

Use right away or store in the fridge for up to 6 days.

ZA'ATAR ROASTED CARROT & TABBOULEH BOWLS (THIS PAGE)
ORZO-STUFFED TOMATOES (THIS PAGE)

Balsamic Tempeh

MAKES 4 SERVINGS (2 CUPS / 230G)

Though I originally started making these balsamic tempeh cubes for salads, bowls, and pasta dishes, they're also great for savory snacking. Don't skip the steaming step here; it's extra work, but steaming the tempeh before marinating and baking mellows its slight natural bitterness. It also helps the protein to absorb more flavor.

One 8-ounce / 225g block tempeh, cut into 1-inch / 2.5cm cubes
6 tablespoons / 90ml balsamic vinegar
2 tablespoons tamari, Bragg Liquid Aminos, or soy sauce
2 tablespoons maple syrup
2 tablespoons refined avocado oil
¼ to ½ teaspoon garlic powder

Fill a large pot with a few inches of water and fit it with a steamer basket. Bring the water to a boil, then lower it to a simmer. Place the tempeh in the steamer basket, cover the pot, and steam for 10 minutes.

While the tempeh is steaming, in an airtight storage container that's big enough to hold all the tempeh, whisk together the vinegar, tamari, maple syrup, oil, and garlic powder (up to ½ teaspoon if you prefer a stronger garlic flavor). Add the steamed tempeh, cover the container with a tight lid, and shake the container to evenly coat the tempeh with the marinade. Allow the tempeh to marinate in the fridge for at least 1 hour and up to overnight.

Preheat your oven to 375°F / 190°C and line a baking sheet with parchment paper. Remove the tempeh from the marinade with tongs or a slotted spoon, letting the excess drip off, and then transfer it to the sheet, reserving the marinade. Bake the tempeh cubes for 10 minutes. Remove the tempeh from the oven and brush the tops with the reserved marinade. Flip the cubes and return the sheet to the oven. Bake until crispy at the edges, 10 to 15 minutes more.

Use right away or store the tempeh in an airtight container in the fridge for up to 5 days or in the freezer for up to 4 weeks.

FARRO, BEET & PICKLED VEGETABLE BOWLS WITH CREAMY PESTO SAUCE (THIS PAGE)

Cajun-Spiced Red Beans

MAKES 4 TO 6 SERVINGS (4 CUPS / 930G)

My oldest friend has lived in New Orleans for well over ten years. From her, I've learned that traditional Louisiana red beans are cooked from scratch and simmered for hours. These Cajun-spiced red beans aren't prepared with that time-honored process, but they are a quick, convenient nod to the original. I use tamari instead of salt for added umami, and I begin cooking the beans with the Cajun trinity of onion, bell pepper, and celery. My favorite way to serve these beans is with rice and seitan sausage in my Cajun Red Bean Bowls (this page), but I also enjoy them with my Skillet Maple Cornbread (this page) for a quick, homey lunch.

1 tablespoon refined avocado oil
1 yellow onion, diced
1 green bell pepper, diced
1 celery stalk, diced
1 clove garlic, minced
1 teaspoon dried oregano
¾ teaspoon dried thyme
½ teaspoon smoked paprika
½ teaspoon sweet paprika
Pinch of cayenne pepper
3 cups / 480g cooked kidney beans, or two 15-ounce / 425g cans, drained and rinsed
1 cup / 240ml vegan no-chicken broth
1 tablespoon plus 1 teaspoon tamari
1½ teaspoons apple cider vinegar

Heat the oil in a large, deep skillet over medium-high heat. Add the onion, bell pepper, and celery and cook, stirring often, until the vegetables are very soft, 8 to 10 minutes. Add the garlic and cook, stirring constantly, until fragrant, about 1 minute more. Stir in the oregano, thyme, smoked paprika, sweet paprika, and cayenne, followed by the kidney beans, broth, tamari, and vinegar.

Bring the mixture to a simmer, then turn the heat to low. Simmer, uncovered, until some of the broth has reduced and the flavors have melded, about 5 minutes. Use a potato masher or the back of a spoon to partially smash the beans. Leave some of them whole or smash them as much as you like. Taste and adjust the cayenne, tamari, and vinegar as needed.

Serve right away or meal prep for the week by transferring the spiced beans to a single airtight container or portioning them into individual containers. Store in the fridge for up to 4 days or in the freezer for up to 6 weeks.

CAJUN RED BEAN BOWLS (THIS PAGE)

Savory Seitan Sausages

MAKES 8 LARGE OR 12 SMALLER SAUSAGE LINKS

I'll eat seitan—otherwise known as wheat meat—in just about any form. But tender, savory seitan sausages are my favorite way to enjoy this plant-based staple. Having relied on store-bought seitan sausages for years, I was surprised to learn how easy it is to make them from scratch, and doing so will allow you to set their flavor profile. The toughest part of this recipe is resisting the urge to eat the sausages before they have a chance to cool overnight in the fridge, which is a necessary step in their preparation. I like to grill the sausages, slice and sear them before piling them over pasta, or serve them in my Cajun Red Bean Bowls (this page).

1 tablespoon olive oil
½ large or 1 small yellow onion, chopped
2 cloves garlic, minced
1 cup / 160g white beans (such as cannellini, Great Northern, or navy)
1 cup / 240ml vegetable broth or vegan no-chicken broth
¼ cup / 65g tomato paste
2 tablespoons nutritional yeast
1 tablespoon plus 2 teaspoons tamari
⅛ teaspoon freshly ground black pepper
2 cups / 240g vital wheat gluten

Flavor Variations

Italian Sausages: Add 1½ teaspoons fennel seeds to the hot oil before adding the onion. Heat the fennel seeds for 30 seconds, then proceed with the recipe.

Chipotle Sausages: Add 2 tablespoons chopped chipotle chile in adobo with sauce to the oil along with the onion. Proceed with the

recipe.

Heat the oil in a frying pan over medium heat. Add the onion and cook until translucent and starting to soften, about 4 minutes. Add the garlic and cook, stirring frequently, until fragrant, about 1 minute. Remove from the heat.

In a food processor fitted with the S blade, combine the onion mixture, white beans, broth, tomato paste, nutritional yeast, tamari, and black pepper and process until smooth.

Fill a large pot with a few inches of water and fit it with a steamer basket. Bring the water to a boil, then lower to a simmer.

Meanwhile, pour the vital wheat gluten into a large mixing bowl. Make a well in the center of the gluten and pour in the bean mixture. Use a spatula to stir the mixture until combined and then shape the dough into a sticky ball. Using your hands, knead the dough ball right in the mixing bowl until stretchy strands start to form, 5 to 6 minutes. It's okay if the mixture feels wet and a bit sticky. Cover the bowl with a tea towel or plastic wrap and let the seitan dough rest for 5 minutes. You can also do all the mixing in a stand mixer fitted with a dough hook on medium-low speed (3 to 4). It should take about 3 minutes; once again, stop when you see stretchy strands forming in the dough.

Cut the seitan dough into eight equal pieces. Shape each piece into a sausage roll about 6 inches / 15cm long. Wrap each sausage with aluminum foil, twisting the ends tightly. Place the wrapped sausages in your steamer basket, cover the pot, and steam, flipping them halfway through cooking, until plump, about 40 minutes.

Allow the sausages to stand at room temperature until cool enough to handle, about 30 minutes. Place the wrapped sausages in the fridge overnight.

Cook right away, or store the foil-wrapped sausages in the fridge for up to 1 week or in the freezer for up to 6 weeks.

When you're ready to cook the sausages, pan sear them for a few minutes to crisp the sides and heat them through, spray lightly with oil and grill them in a grill pan, or slice them crosswise and crisp up the slices in a frying pan.

CAJUN RED BEAN BOWLS (THIS PAGE)
ROMESCO RICE BOWLS WITH ROASTED BROCCOLI (THIS PAGE)
SEITAN GOULASH (THIS PAGE)

Smoky, Spicy Lentils

MAKES 4 TO 6 SERVINGS (3 CUPS / 660G)

These lentils are a versatile plant-based protein for burritos, tacos, and bowls. I also like to pile them onto a burger bun and enjoy them like a sloppy joe, with or without a few tablespoons of Cheddar Cheesy Sauce (this page). The spiciness in the recipe comes from chipotle chiles in adobo, smoked and dried jalapeño chiles that are rehydrated and canned in a tomato-based sauce. They're quite hot, so a little goes a long way, but if you love spicy food, add a bit more than a tablespoon.

1 tablespoon refined avocado oil
½ white or yellow onion, chopped
2 jalapeño or serrano chiles, seeded and finely chopped
1 clove garlic, minced
2 tablespoons tomato paste
1 tablespoon finely chopped chipotle chile in adobo, with sauce
1 tablespoon vegan Worcestershire sauce
1 tablespoon Dijon mustard
1 tablespoon maple syrup
2 teaspoons apple cider vinegar
½ teaspoon smoked paprika
½ teaspoon kosher salt
3 cups / 450g cooked brown, green, or pardina lentils, or two 15-ounce / 425g cans, drained and rinsed
½ cup / 120ml water

Heat the oil in a medium pot over medium heat. Add the onion and jalapeño and cook for 4 to 5 minutes, stirring occasionally, until the onion is tender and translucent. Add the garlic and cook, stirring constantly, until fragrant, about 1 minute more.

Stir in the tomato paste, chipotle, Worcestershire sauce, mustard, maple syrup, vinegar, paprika, and salt, followed by the lentils and water. Bring the mixture to a simmer, then turn the heat to low. Simmer, uncovered, until the lentils thicken, about 5 minutes.

Serve right away, or meal prep for the week by transferring the lentils to a single airtight container or portioning them into individual containers. Store in the fridge for up to 5 days or in the freezer for up to 6 weeks.

CHIPOTLE SMASHED SWEET POTATOES (THIS PAGE)
CORNBREAD BOWLS WITH MUSTARDY SLAW (THIS PAGE)

Tempeh Chorizo

MAKES 4 SERVINGS (2 CUPS / 300G)

Tempeh chorizo will add flavor—and plenty of plant-based protein—to tacos, Freezer Breakfast Burritos (this page), Sheet Pan Nachos (this page), and more. I like to mix it with rice as a quick component for bowls, and I often use it to top salads too. The recipe is particularly easy because it doesn't require sautéing any onion or garlic: just simmer the crumbled tempeh in broth and seasonings until it starts to become crispy in your pan.

One 8-ounce / 225g block tempeh, crumbled into ½- to ¾-inch / 1.3 to 2cm pieces
¾ cup / 180ml vegetable broth
2 tablespoons tomato paste
1 tablespoon Bragg Liquid Aminos or tamari
2 teaspoons chili powder
1 teaspoon dried oregano
½ teaspoon smoked paprika
½ teaspoon sweet paprika
½ teaspoon ground cumin
⅛ teaspoon ground cinnamon
Pinch of cayenne pepper

Combine the tempeh, broth, tomato paste, Bragg Liquid Aminos, chili powder, oregano, smoked paprika, sweet paprika, cumin, cinnamon, and cayenne pepper in a skillet and stir well.

Bring the mixture to a simmer over high heat, then turn the heat to low. Simmer, uncovered, until the broth has reduced completely,

the seasonings have been absorbed, and the tempeh is crisping up in the pan, about 15 minutes. Taste and add additional cayenne pepper as desired.

Serve right away, or meal prep for the week by transferring the tempeh to a single airtight container or portioning it into individual containers. Store in the fridge for up to 5 days or in the freezer for up to 6 weeks.

TEMPEH CHORIZO SWEET POTATO HASH (THIS PAGE)
HASH BROWN BREAKFAST CASSEROLE (THIS PAGE)
SHEET PAN NACHOS (THIS PAGE)

Barbecue White Beans

MAKES 4 TO 6 SERVINGS (3¼ CUPS / 710G)

These barbecue white beans are reminiscent of baked beans, but with a significantly tangier sauce. In place of standard navy beans, I use cannellini beans. I love how creamy and substantial these beans are, and with their hefty size, they can carry big, bold barbecue flavors. Try using the beans in my Cornbread Bowls with Mustardy Slaw (this page), or serve them with cooked rice or a baked sweet potato.

¾ cup / 195g ketchup
¼ cup / 50g lightly packed brown sugar
2 tablespoons tomato paste
2 tablespoons apple cider vinegar
1 tablespoon vegan Worcestershire sauce
½ teaspoon smoked paprika
¼ teaspoon garlic powder
3 cups / 480g cooked cannellini or Great Northern beans, or two 15-ounce / 425g cans, drained and rinsed

Combine the ketchup, brown sugar, tomato paste, vinegar, Worcestershire sauce, paprika, and garlic powder in a large, heavy pot. Add the beans and stir well.

Bring the mixture to a vigorous simmer over high heat, then turn the heat to low. Simmer, uncovered, until the mixture thickens and the sauce darkens, 15 to 20 minutes.

Serve right away, or meal prep for the week by transferring the beans to a single airtight container or portioning them into individual containers. Store in the fridge for up to 5 days or in the freezer for up to 6 weeks.

CORNBREAD BOWLS WITH MUSTARDY SLAW (THIS PAGE)

Lentil Apple Sage Patties

MAKES 12 PATTIES

These savory patties, which are seasoned with apple and sage, are inspired by breakfast sausage, but their texture is more like a bean burger than an ultrarealistic vegan meat. You'll find that they're soft before cooking, which is why I recommend baking them prior to storage. After the baking time, they become crisp on the outside and the right firmness for layering into my To-Go Breakfast Sandwiches (this page). You can also pair the patties with crispy potatoes and sautéed greens for a savory breakfast, or you can use them as the protein in a grain bowl.

1 tablespoon ground flaxseed
3 tablespoons warm water
2 teaspoons olive oil
1 small apple (see Note), peeled and diced (about ¾ cup / 115g)
½ cup / 70g chopped yellow onion
½ cup / 55g chopped celery
¾ cup / 75g walnut pieces
⅔ cup / 70g rolled oats
1 tablespoon fresh rosemary leaves
½ teaspoon rubbed sage
¼ teaspoon dried thyme
¾ teaspoon fine sea salt
⅛ teaspoon freshly ground black pepper
1¾ cups / 265g cooked green, brown, or French lentils, or one 15-ounce / 425g can, drained and rinsed
1 tablespoon nutritional yeast

Note: I like to use a Gala or Fuji apple in this recipe, but you can use whatever you happen to have on hand.

Preheat your oven to 375°F / 190°C and line a baking sheet with parchment paper. Stir together the flaxseed with the warm water in a small bowl.

Heat the oil in a small frying pan over medium high heat. Add the apple, onion, and celery and cook, stirring every minute or so, until the onion is tender and translucent, 7 to 8 minutes.

Place the walnuts, oats, rosemary, sage, thyme, salt, and pepper into a food processor fitted with the S blade. Process until the mixture is finely ground.

Add the apple mixture to the food processor, followed by the flaxseed mixture and the cooked lentils. Pulse rapidly for about 15 seconds, until the vegetables and most of the lentils break down; a few whole lentils should still be visible. Remove the S blade and add the nutritional yeast, using a spoon or spatula to stir well. Allow the lentil mixture to rest in the food processor for 10 minutes.

Shape the lentil mixture into patties that are about 3 inches / 7.5cm wide and ¾ inch / 2cm high and arrange them on the baking sheet. It's fine if the patties are close together on the sheet, since they won't expand as they cook. Bake for 15 minutes. Flip the patties carefully with a spatula and bake until the patties are browned on both sides, 15 to 20 minutes.

Serve right away, or meal prep for the week by transferring the patties to a single airtight container or portioning them into individual containers. Store in the fridge for up to 5 days or in the freezer for up to 4 weeks. Reheat thawed patties in the oven (see this page), or in a nonstick frying pan over medium heat until warmed through, 2 to 3 minutes per side.

TO-GO BREAKFAST SANDWICHES (THIS PAGE)

VEGETABLES & STARCHES

For a long time, my go-to vegetable side dish for any meal was a green salad. Cooked vegetables often keep more reliably than salads, however, so my approach to vegetable preparation changed a lot when I was an intern. I started to incorporate more produce that had been roasted, braised, or stewed.

Here you'll find some of my go-to cooked vegetable side dishes, including Garlicky Braised Kale (this page), Turmeric Roasted Cauliflower (this page), and—most humble of all—crispy roasted broccoli that comes straight from a bag of frozen florets (see this page).

The other side dish I rely on regularly is some sort of starch—a grain, a potato, or bread. It pays to have a versatile, comforting carb or two at the ready to pair with your vegan proteins. In this chapter you'll find some of the starches that I make on an almost weekly basis, such as Chipotle Smashed Sweet Potatoes (this page) or my beloved Sunday Focaccia (this page). A thick square of focaccia, I've learned, can transform any bowl of soup into a cozy and hearty meal.

Though these vegetable and starches work well as side dishes, they can also serve as the building blocks of a vegan bowl. Combine a starch, a vegetable, a protein (beginning on this page), and a sauce (beginning on this page), and you'll have what I call a power plate: a balanced, complete, nutritious, and satisfying meal. (You can find more well-rounded meals like this in my book *Power Plates*!)

Chipotle Smashed Sweet Potatoes

MAKES 6 SERVINGS (3¾ CUPS / 950G)

I love how the warmth of chipotle chile in adobo offsets, yet doesn't diminish, the sweet richness of this side dish. I recommend leaving some texture in these potatoes: smash them, but don't turn them into a uniform mush. I especially like the smashed potatoes with grilled barbecued tofu or tempeh and garlicky sautéed greens. These sweet potatoes are also perfect to pair with my Smoky, Spicy Lentils (this page). I've even been known to layer those lentils in a baking dish, pile these smashed sweet potatoes on top, and call it a casserole.

2 pounds / 900g sweet potatoes, peeled and cut into 2-inch / 5cm pieces
¼ cup / 60ml unsweetened nondairy milk
2 tablespoons vegan butter
1 tablespoon finely chopped chipotle chile in adobo, with sauce
¾ teaspoon kosher salt

Fill a large pot with a few inches of water and fit it with a steamer basket. Bring the water to a boil, then lower the heat to a simmer. Place the sweet potatoes in your steamer basket, cover the pot, and steam until fork-tender, 15 to 20 minutes.

Transfer the sweet potatoes to a large mixing bowl. Add the nondairy milk, butter, chipotle, and salt and use a potato masher or a large fork to mash everything together. The texture should be more smashed than mashed, with some small chunks of sweet potato still visible. Taste and add additional salt or a splash of

nondairy milk as needed, or added chipotle chile if you prefer more heat.

Serve right away, or meal prep for the week by transferring the smashed potatoes to a single airtight container or portioning it into individual containers. Store in the fridge for up to 5 days or in the freezer for up to 6 weeks.

Shiitake Bacon

MAKES 2 CUPS / 140G

Shiitake bacon will add the characteristic smoky, salty flavor of bacon to your plant-based meals, while also creating a way for you to incorporate more nutrient-dense mushrooms into your diet. Cooking the shiitakes low and slow in the oven dries them out and gives them a chewy—and dare I say—meaty texture. Don't be alarmed by the number of mushrooms that this recipe calls for. The shiitakes shrink significantly as they cook, and a little bit of the finished "bacon" goes a long way.

6 tablespoons / 90ml tamari or Bragg Liquid Aminos
¼ cup / 60ml apple cider vinegar
1½ tablespoons refined avocado oil
4 teaspoons maple syrup
2 teaspoon smoked paprika
15 ounces / 425g brushed, stemmed, and thinly sliced shiitake mushrooms

Preheat your oven to 350°F / 175°C. Line one large or two small baking sheets with parchment paper.

Whisk together the tamari, vinegar, oil, maple syrup, and paprika in a shallow glass dish or bowl. Add the mushrooms and stir gently until evenly coated in the marinade. Transfer the mushrooms to the fridge. Allow them to marinate for at least 1 hour and up to 48 hours.

Drain the mushrooms in a colander and arrange them on the baking sheet in a single layer. Bake for 10 minutes, then stir the mushrooms on the sheet and bake for 15 minutes more. Stir the

mushrooms again, increase the heat to 375°F / 190°C, then bake for 15 minutes more, or until the mushrooms are darkened, chewy, and crispy at the edges.

Remove the mushroom bacon from the oven and transfer to a paper towel–lined plate to cool.

Use right away, or meal prep for the week by transferring the bacon to a single airtight container or portioning it into individual containers. Store in the fridge for up to 7 days.

SMOKY COLLARD GREENS (THIS PAGE)
GREEN ONION & POTATO FRITTATA (THIS PAGE)
FREEZER BREAKFAST BURRITOS (THIS PAGE)
HASH BROWN BREAKFAST CASSEROLE (THIS PAGE)
TACO SALAD (THIS PAGE)

Sunday Focaccia

MAKES 12 SERVINGS

It's time to question everything you've been told about how good focaccia must ferment for a long time. This is a flavorful, tender focaccia that can be made within hours, not days. I make it nearly every Sunday, freezing some immediately and enjoying the rest with soup or in slab sandwiches. The focaccia doesn't require any kneading, so if you've never made bread before, this a great place to start.

6 to 7 tablespoons / 90 to 105ml olive oil, plus extra for kneading
5 cups / 700g bread flour or unbleached all-purpose flour
4 teaspoons kosher salt
2¼ teaspoons instant yeast
2½ cups / 590ml lukewarm (110°F / 43°C) water (see Note)
1 tablespoon vegan butter
Maldon sea salt for sprinkling

Note: It's easy to get the lukewarm water temperature right by combining ¾ cup / 180ml boiling water and 1¾ cups / 415ml cold water.

Pour just enough oil into a large mixing bowl to generously coat the bottom and sides, 2 to 3 tablespoons. In another large mixing bowl, whisk together the flour, kosher salt, and yeast.

Pour the lukewarm water into the bowl with the flour mixture, then use a spatula to stir until a wet, sticky dough ball forms. Keep stirring until there's very little dry flour remaining at the bottom of

the bowl, using your hands if that helps. If you do use your hands for mixing, coat them in olive oil first.

Transfer the dough ball to the oiled mixing bowl, turning the dough until all sides are coated with oil. Cover the bowl with a tea towel and let the dough rise until it has roughly doubled in size, 2 to 3 hours. The temperature of your kitchen will determine how long the rise takes: the warmer the room, the faster the rise.

Grease the bottom of a 9 by 13-inch / 24 by 36cm baking dish with the butter, then drizzle with 2 tablespoons of the oil. Pry the dough away from the sides of the bowl—it's okay if it deflates—and transfer the dough to the baking dish. Use your hands to very gently stretch the dough toward the sides of the baking dish. Do not pull the dough too much—it's okay if it doesn't cover the bottom of the dish entirely.

Allow the dough to rise, uncovered, until puffy and nearly doubled once again, 60 to 90 minutes more. After 30 minutes of rising time, preheat your oven to 450°F / 230°C.

A good way to check if the dough is ready for baking is to poke it gently with a finger. The indentation from your finger should spring back slowly, leaving a faint dent. If the indentation doesn't spring back at all, the bread has risen too much and should be prepared for baking as soon as you can. If it springs back immediately, then it needs more time to rise.

Drizzle the top of the dough with another tablespoon of olive oil and then generously coat your hands with olive oil too. Use your fingertips to make indentations all over the top of the dough. Don't be shy about this step! Your fingertips should feel the bottom of

the baking pan as you make the indentations. Sprinkle the top of the dough with Maldon sea salt.

Bake the dough until puffy and deep, golden brown, 30 to 35 minutes. Remove the focaccia from the oven and drizzle the remaining 1 tablespoon of olive oil over the top of the dough along with a final pinch of Maldon sea salt.

Cut into squares and serve right away, or meal prep for the week by transferring the focaccia to a single airtight container. Store at room temperature for up to 2 days or in the freezer for up to 4 weeks.

WHITE BEAN FENNEL SOUP (THIS PAGE)
ORZO-STUFFED TOMATOES (THIS PAGE)

Slow-Baked Sweet Potatoes, Three Ways

MAKES 1 TO 6 SERVINGS

No matter what other meal prep I do, I'm sure to bake a bunch of sweet potatoes every week. I enjoy them as a side dish, I stuff them with my favorite fillings (including Curried Red Lentils, this page), I top them with granola and yogurt for breakfast, and I enjoy them with a drizzle of tahini as a snack (see this page). I prefer my baked sweet potatoes to have a meltingly tender, almost gooey texture, and I have three go-to methods for achieving this. One is to bake the potatoes low and slow in the oven, another—inspired by America's Test Kitchen—is to parcook them in the microwave before baking, and the last is to use a slow cooker. These methods vary in cooking time, so you can pick one based on your schedule and which kitchen appliances you have on hand.

1 to 6 sweet potatoes

Method 1: Preheat your oven to 325°F / 165°C and line a baking sheet with parchment paper or aluminum foil. Scrub the sweet potatoes and prick them all over with a fork. Place the potatoes on the baking sheet and bake until the sweet potatoes are meltingly tender when pierced with a fork or knife and the skins are browned, 2 to 2½ hours.

Method 2: Preheat your oven to 425°F / 220°C and line a baking sheet with parchment paper or aluminum foil. Scrub the sweet potatoes and prick them all over with a fork. Microwave the

potatoes, two at a time, for 6 to 8 minutes on high, or until the potatoes reach an internal temperature of 200°F / 95°C. Small sweet potatoes may only require 4 minutes in the microwave. Place the sweet potatoes on the prepared baking sheet, then transfer to the oven. Bake until the sweet potatoes are meltingly tender when pierced with a fork or knife and the skins are browned, 35 to 50 minutes.

Method 3: Scrub the sweet potatoes and prick them all over with a fork. Place them in a slow cooker. Cook the potatoes for 8 hours on low heat or 4 hours on high heat, until the sweet potatoes are meltingly tender when pierced with a fork or knife.

Serve right away, or meal prep for the week by transferring the sweet potatoes to a single airtight container or portioning them into individual containers. Store in the fridge for up to 5 days or in the freezer for up to 6 weeks. If reheating from frozen, first thaw in the fridge overnight. To reheat, microwave the potatoes on high for 2 to 3 minutes, or reheat in a 350°F / 175°C oven for 15 minutes.

BAKED SWEET POTATO HALVES WITH TAHINI (THIS PAGE)
STUFFED SWEET POTATOES WITH COCONUT GREENS (THIS PAGE)

Skillet Maple Cornbread

MAKES 8 SERVINGS

I make many meals complete by adding a slice or two of toast, but what about cornbread? Just like toast, it's an accompaniment that can transform a bowl of soup, stew, chili, or beans into a complete meal. It's versatile, too: a slice of skillet cornbread and a pat of vegan butter and drizzle of maple syrup can be breakfast in a hurry or a comforting, cozy afternoon snack. Cornbread can run a gamut of savory to sweet; I like mine someplace in the lightly sweetened middle. Inspired by the cornbread served at Cadence restaurant in New York City, which is sweetened with maple crystals rather than sugar, I use maple syrup in my version. I love the hint of maple flavor, and the liquid sweetener also helps to keep the cornbread moist.

1¼ cups / 300ml unsweetened nondairy milk
1 tablespoon freshly squeezed lemon juice
1¼ cups / 175g unbleached all-purpose flour
1 cup / 140g medium-grind cornmeal
1 teaspoon baking powder
½ teaspoon baking soda
1 teaspoon kosher salt
8 tablespoons / 112g vegan butter, melted
¼ cup / 60ml maple syrup

Preheat your oven to 375°F / 190°C. While the oven is preheating, place a 10-inch / 25cm round cast-iron skillet in the center of the oven.

Stir together the nondairy milk and lemon juice in a mixing bowl or large measuring cup.

Whisk together the flour, cornmeal, baking powder, baking soda, and salt in a large mixing bowl.

Add 6 tablespoons / 90ml of the melted vegan butter and the maple syrup to the milk mixture. Pour these wet ingredients into the dry ingredients and stir together with a spatula until no streaks of flour are visible (some small clumps of flour are fine).

Using kitchen mitts, remove the hot skillet from the oven and quickly close the oven door. Add the remaining 2 tablespoons butter to the skillet and swirl around to coat the skillet evenly. Pour the cornbread batter into the skillet and immediately return the skillet to the oven. Bake the cornbread until the top is just turning golden brown, 25 to 30 minutes. Allow the cornbread to cool for at least 15 minutes before slicing.

Serve right away, or meal prep for the week by slicing the cornbread and transferring it to a single airtight container or portioning the slices into individual containers. Store at room temperature for up to 3 days or in the freezer for up to 6 weeks.

CAJUN-SPICED RED BEANS (THIS PAGE)
SMOKY COLLARD GREENS (THIS PAGE)
CORNBREAD BOWLS WITH MUSTARDY SLAW (THIS PAGE)

Smoky Collard Greens

MAKES 4 TO 6 SERVINGS (4 CUPS / 650G)

Whenever I make these collard greens, which are seasoned with vegan bacon (either my Shiitake Bacon or my favorite store-bought bacon), I manage to polish off the entire batch within days. I can easily eat the greens on their own, but I enjoy them most when they're part of my Cajun Red Bean Bowls (this page) or when I scoop them up with a piece of Skillet Maple Cornbread (this page).

1 tablespoon refined avocado oil
1 small white onion, chopped
1 cup / 70g Shiitake Bacon (this page), or 4 slices store-bought vegan bacon, chopped
1 large or 2 small bunches collard greens, stemmed and sliced crosswise into thin ribbons
2 cups / 480ml vegetable broth
1 tablespoon apple cider vinegar
2 teaspoons Bragg Liquid Aminos or tamari
½ teaspoon smoked paprika
Pinch of crushed red pepper flakes (optional)

Heat the avocado oil in a large, heavy pot over medium heat. Add the onion and bacon and cook, stirring frequently, until the onion is tender and translucent, 4 to 5 minutes. Add the collards, broth, vinegar, Bragg Liquid Aminos, paprika, and red pepper flakes (if using) to the pot. You may need to add the collards in handfuls and wait for them to wilt down as you add more.

Turn the heat to low. Cover and simmer until the collards are very tender, 35 to 45 minutes. Taste and add additional Bragg Liquid Aminos or vinegar as needed.

Serve right away, or meal prep for the week by transferring the collards to a single airtight container or portioning them into individual containers. Store in the fridge for up to 5 days or in the freezer for up to 4 weeks.

CAJUN RED BEAN BOWLS (THIS PAGE)

Quick-Pickled Any Vegetable

MAKES 1 PINT (2 CUPS / 480ML)

Pickling sounds like a fancy process, but it doesn't have to be. Quick pickling takes only a few minutes of active time and works with pretty much any vegetable. I often pickle the odds and ends of the vegetables I have on hand, knowing that pickling will give them new life. Pickled vegetables are a great addition to salads, bowls, whole grains, toast, and sandwiches. They keep well, and their flavor only intensifies with time. Try using them in my farro and beet bowls, where they contrast nicely with earthy farro and a bright pesto sauce.

Enough vegetables to fill a 1-pint / 480ml mason jar (see Note)
½ cup / 120ml apple cider vinegar or white vinegar
2 teaspoons cane sugar
¾ teaspoon kosher salt
¾ cup / 180ml water
1 teaspoon mustard seeds (optional)

Note: Most firm vegetables take well to quick pickling. Here are some ideas to fill your mason jar:

1 large red onion, thinly sliced

Several large carrots, shaved into ribbons

1 small bunch radishes, scrubbed and thinly sliced crosswise

1 large cucumber, thinly sliced crosswise

8 ounces / 225g green beans, cut into 2-inch / 5cm pieces

Place the cut vegetables in a 1-pint / 480ml mason jar.

Stir together the vinegar, sugar, and salt in a small bowl.

Bring the water to a boil, then pour into the vinegar mixture and whisk together until the salt and sugar are dissolved. Stir in the mustard seeds (if using). Pour the hot pickling liquid over the vegetables in the jar.

Allow the vegetables to sit at room temperature for 15 to 20 minutes.

Use right away, or cover the jar tightly with a lid and store in the fridge for up to 1 week.

FARRO, BEET & PICKLED VEGETABLE BOWLS WITH CREAMY PESTO SAUCE (THIS PAGE)

TURMERIC ROASTED CAULIFLOWER & BROWN BASMATI BOWLS (THIS PAGE)

Stewed Green Beans & Tomatoes

MAKES 4 TO 6 SERVINGS

I grew up with my grandmother's version of fasolakia, a Greek dish of stewed green beans and tomatoes. When I asked my mom for the recipe, she told me that using a good amount of olive oil is key. She was also adamant about the fact that the green beans need to be quite tender before they're added to the tomato mixture and simmered for a half hour. Once finished, the saucy green beans can be folded into pasta, scooped on top of grains, or served as a side dish with any Mediterranean-inspired meal.

1 pound / 450g green beans, trimmed
3 tablespoons olive oil
1 yellow onion, sliced
2 cloves garlic, minced
One 28-ounce / 800g can whole peeled tomatoes, with their juices
2 teaspoons red wine vinegar, plus more as needed
¾ teaspoon fine sea salt
Freshly ground black pepper

Bring a large pot of salted water to a boil. Add the green beans and cook until they're quite tender, 6 to 7 minutes. Drain the green beans in a colander and rinse under cold running water (alternately, you can put the green beans in a bowl of ice water for a couple of minutes). Drain well.

Heat the oil in a Dutch oven or a large, deep skillet over medium heat. Add the onion and cook, stirring frequently, until the onion is tender and translucent, about 7 minutes. Add the garlic and cook, stirring constantly, until fragrant, about 1 minute more. Add the

tomatoes to the onions and use a potato masher or the back of the spoon to crush the tomatoes (they'll spatter, so wear an apron for this step).

Give everything a stir, then add the cooked green beans, the vinegar, and salt. Bring to a simmer, then turn the heat to low. Cover and simmer until the beans are very tender, about 30 minutes. Uncover the pot and simmer until the beans and tomatoes have thickened, about 5 minutes more. Taste the beans and add the black pepper and additional red wine vinegar as needed.

Serve right away, or meal prep for the week by transferring the beans to a single airtight container or portioning them into individual containers. Store in the fridge for up to 6 days.

Turmeric Roasted Cauliflower

MAKES 4 TO 6 SERVINGS (3 TO 4 CUPS / 300 TO 400G)

I'm happy to roast cauliflower with nothing more than a dusting of salt and a drizzle of oil. But I'm especially happy when I make this turmeric roasted cauliflower, which is stained a brilliant yellow from turmeric and scented with cumin. The cauliflower will add instant color and texture to salads or rice dishes. I especially like to use it in my Turmeric Roasted Cauliflower & Brown Basmati Bowls (this page).

1 medium head cauliflower (1½ to 2 pounds / 680 to 900g), cut into 2-inch / 5cm florets
2½ tablespoons refined avocado oil
1 teaspoon ground turmeric
1 teaspoon ground coriander
½ teaspoon ground cumin
½ teaspoon kosher salt

Preheat your oven to 425°F / 220°C and line a baking sheet with parchment paper.

Place the cauliflower florets and pieces in a large mixing bowl. Add the oil, turmeric, coriander, and cumin and toss until evenly coated.

Arrange the cauliflower on the baking sheet in a single layer and sprinkle with the salt. Roast, stirring once halfway through, until the cauliflower is golden and crisp, 35 to 40 minutes.

Serve right away, or meal prep for the week by transferring the cauliflower to a single airtight container or portioning it into individual containers. Store in the fridge for up to 4 days.

TURMERIC ROASTED CAULIFLOWER & BROWN BASMATI BOWLS (THIS PAGE)

From-Frozen Roasted Broccoli

MAKES 3 OR 4 SERVINGS (3¼ CUPS / 210G)

I hesitated to put this recipe in a cookbook, since it's hardly a recipe at all. Really, it's just a cooking method. But my mind was blown when I discovered that you can dump frozen broccoli onto a baking sheet, pop it into the oven, and end up with crispy, delightful roasted broccoli florets. Even better, this can all be done without any oil or seasoning, so it's truly a one-ingredient recipe. The tricky part about roasting broccoli without oil is usually that the broccoli remains dry and tough. Frozen broccoli, on the other hand, maintains some tenderness throughout roasting, and it even ends up tasting slightly sweet. This recipe wins zero points for originality or pizzazz, but it's useful and encourages more broccoli consumption. In my book, that's a win-win.

One 1-pound / 450g bag frozen broccoli florets

Preheat your oven to 400°F / 200°C and line a baking sheet with parchment paper or aluminum foil. Arrange the frozen broccoli on the baking sheet in a single layer.

Roast until the broccoli is crispy and tender, 25 to 30 minutes.

Serve right away, or meal prep for the week by transferring the broccoli to a single airtight container or portioning it into individual containers. Store in the fridge for up to 4 days.

ROMESCO RICE BOWLS WITH ROASTED BROCCOLI (THIS PAGE)

Garlicky Braised Kale

MAKES 4 TO 6 SERVINGS (6 CUPS / 680G)

After years of eating kale raw or only lightly steamed, I've come to appreciate how tender and subtly sweet it becomes when it's cooked for thirty minutes or longer. Braised kale is ideal for batch cooking because of its versatility. I love to serve it with pasta, as an accompaniment to cooked grains, or piled onto toast and drizzled with syrupy balsamic vinegar.

2 tablespoons olive oil
6 cloves garlic, minced
¾ cup / 180ml white wine (optional)
1½ cups / 360ml vegetable broth
2 small bunches curly or Lacinato kale, stemmed and coarsely chopped
2 to 3 teaspoons red wine vinegar
Kosher salt
Crushed red pepper flakes for sprinkling

Heat the oil in a large, heavy pot over medium-low heat. Add the garlic and cook, stirring often, until fragrant, about 1 minute. Add the white wine (if using) and simmer until the wine is reduced by half, 3 to 5 minutes.

Add the broth and kale to the pot. You may need to add the kale in handfuls and wait for it to wilt down as you add more. Bring the broth to a simmer. Turn the heat to low, cover the pot, and simmer until the kale is very tender, about 30 minutes. Stir 2 teaspoons of the vinegar and ½ teaspoon salt into the kale, then cover and cook until the flavors meld, about 10 minutes more. Taste and add red pepper flakes and additional salt and vinegar as needed.

Serve right away, or meal prep for the week by transferring the kale to a single airtight container or portioning it into individual containers. Store in the fridge for up to 4 days or in the freezer for up to 4 weeks.

BEAN BALL MARINARA (THIS PAGE)

SAUCES, SPREADS, DRESSINGS & DIPS

One of my templates for a simple plant-based meal is to combine a green leafy vegetable, a whole grain, some type of bean, and a sauce. “A green, a grain, a bean, a sauce”: this formula has rescued me on countless nights when I didn’t know how to answer the question, “What’s for dinner?”

Greens, grains, and beans will provide good nutrition, but it’s almost always the sauce that makes or breaks this kind of dish. A bold, flavorful sauce can breathe life into the humblest of ingredients.

Here are some of my favorite sauces, spreads, dressings, and dips. Many of them are deceptively simple. My House Dressing (this page), for example, requires a short list of ingredients. But I like the tangy, savory, mustardy flavor notes so much that I make it every week. My mother has fallen in love with it, too, and I often make a double batch for both of us.

Some of these sauces can be treated as meal starters. My Garlicky Green Sauce (this page) is wonderful drizzled on bowls, and it doubles as an excellent pasta sauce too. The Turmeric Chickpea Yogurt Dip (this page) can also be a sandwich spread, a filling for stuffed pitas, and a good accompaniment for roasted vegetables.

These sauces can be stored for at least four days in the fridge, and all of them are freezer-friendly. I routinely make double batches of dressings and sauces so that I have jars of them in my freezer, ready to elevate my next bowl or plate of food with the simple popping open of a lid.

Cheddar Cheesy Sauce

MAKES 1½ CUPS / 360ML

The beauty of this sauce is that it's not only a sauce. It's also a cheddar-style vegan cheese that can be poured on top of enchiladas or your favorite casserole as a melty topping. Otherwise, it's meant to go wherever a traditional cheese sauce would go: on top of baked potatoes, over nachos, with a soft pretzel. In a pinch, you can even toss it with cooked pasta for a quick stovetop mac and cheese.

2 medium carrots, scrubbed and coarsely chopped
1 small russet potato, peeled and quartered
¼ cup / 35g whole or chopped raw cashews, soaked in water for at least 2 hours and drained, or 2 tablespoons cashew butter
1½ tablespoons freshly squeezed lemon juice
3 tablespoons nutritional yeast
2 teaspoons cornstarch
½ teaspoon fine sea salt
⅛ teaspoon onion powder
½ cup / 120ml water

Bring a medium pot of water to boil. Add the carrots and potato and boil until fork-tender, about 12 minutes. Drain and set the pot aside.

Place the boiled carrots and potato, the soaked cashews, lemon juice, nutritional yeast, cornstarch, salt, and onion powder in a blender. Add the water and process until smooth, about 1 minute.

Pour the sauce into your pot and bring it to a simmer over medium-high heat. Turn the heat to low and cook, stirring frequently, until the sauce is thickened and bubbly, 3 to 4 minutes.

Serve right away, or meal prep for the week by transferring the sauce to a single airtight container or portioning it into individual containers. Store in the fridge for up to 5 days or in the freezer for up to 6 weeks.

The sauce will thicken considerably in the fridge. To reheat, warm it in a small nonstick saucepan over low heat, stirring frequently, until it has a "melty" consistency once again, 3 to 5 minutes. You can also place the sauce in a covered microwave-safe dish and microwave in 30-second intervals, until it's hot and easy to stir.

SMOKY, SPICY LENTILS (THIS PAGE)
FREEZER BREAKFAST BURRITOS (THIS PAGE)
HASH BROWN BREAKFAST CASSEROLE (THIS PAGE)
TO-GO BREAKFAST SANDWICHES (THIS PAGE)
SHEET PAN NACHOS (THIS PAGE)

Tangy Cashew Cream

MAKES 1½ CUPS / 360ML

Cashew cream is probably my most hardworking homemade staple, a vegan hack for achieving creaminess in recipes without real cream. This version is extra tangy, and I use it in both savory and sweet recipes. A generous squeeze of lemon juice makes it reminiscent of yogurt or crème fraîche. You can add the cashew cream to any savory dish that calls for plain yogurt, crème fraîche, or sour cream. You also have the option to sweeten the cream lightly, in which case it's a great accompaniment to fresh berries and granola. You'll see that the cream appears in many of my recipes, including the Curried Red Lentils (this page), Turmeric Chickpea Yogurt Dip (this page), and Soy Curl Gyros (this page).

1 cup / 140g raw cashews, soaked in water for at least 2 hours and drained
⅔ cup / 160ml water
1 tablespoon plus 1 teaspoon freshly squeezed lemon juice
Tiny pinch of kosher salt

Flavor Variation

Sweet Cashew Cream: Add 2 tablespoons agave nectar or maple syrup and 1 teaspoon vanilla extract along with the other cashew cream ingredients in the blender and process until smooth.

Process the cashews, water, lemon juice, and salt in a high-speed blender until smooth.

Serve right away, or meal prep for the week by transferring the cashew cream to a single airtight container. Store in the fridge for up to 4 days or in the freezer for up to 6 weeks.

CURRIED RED LENTILS (THIS PAGE)
TURMERIC CHICKPEA YOGURT DIP (THIS PAGE)
GARLICKY GREEN SAUCE (THIS PAGE)
ROASTED APPLES WITH COOKIE CRUMBLE (THIS PAGE)
TURMERIC ROASTED CAULIFLOWER & BROWN BASMATI BOWLS (THIS PAGE)
SEITAN GOULASH (THIS PAGE)
TEMPEH CHILI (THIS PAGE)
LENTIL-STUFFED BABY EGGPLANTS (THIS PAGE)
SHEET PAN NACHOS (THIS PAGE)
SOY CURL GYROS (THIS PAGE)
CHOCOLATE POTS DE CRÈME (THIS PAGE)
CHOCOLATE BREAD PUDDING (THIS PAGE)
AD-LIBBING (THIS PAGE)

Turmeric Chickpea Yogurt Dip

MAKES 1½ CUPS / 360G

I'm so accustomed to making hummus at home that sometimes I don't stop to consider other ways of turning a can of chickpeas into something savory and spreadable. This Turmeric Chickpea Yogurt Dip is my latest effort. My Tangy Cashew Cream or unsweetened plain vegan yogurt gives the dip a luscious, creamy texture, while turmeric turns it a beautiful golden color. I like to serve the dip with pita or naan, but it's also a really good sandwich spread, especially with some thinly sliced fresh cucumbers and raw or pickled red onions.

1½ cups / 240g cooked chickpeas, or one 15-ounce / 425g can, drained and rinsed
½ cup / 120ml Tangy Cashew Cream (this page) or unsweetened plain vegan yogurt
1½ tablespoons freshly squeezed lime juice
1 tablespoon freshly squeezed lemon juice
1¼ teaspoons ground turmeric
½ teaspoon fine sea salt
¼ teaspoon freshly ground black pepper
1 teaspoon agave nectar or maple syrup
1 small clove garlic, coarsely chopped

Place the chickpeas, cashew cream, lime juice, lemon juice, turmeric, salt, pepper, agave nectar, and garlic into a food processor fitted with the S blade. Process until smooth, stopping the machine and scraping down the bowl a few times. The texture should be the same as hummus: thick, but smooth and spreadable. If the mixture is too thick, add water a tablespoon at a time to achieve a desirable consistency.

Serve right away, or meal prep for the week by transferring the dip to a single airtight container. Store in the fridge for up to 4 days or in the freezer for up to 6 weeks.

Harissa Tahini Vinaigrette

MAKES ¾ CUP / 180ML

This vinaigrette combines my favorite condiment, tahini, with olive oil and freshly squeezed lemon juice. The result is a dressing that's unctuous and a little creamy. The vinaigrette is also spiked with harissa, and I love its subtle heat. In addition to being a bold salad dressing, the vinaigrette is a good topping for roasted vegetables, including those in my Couscous & Roasted Vegetable Bowls (this page). Harissa can vary in its level of heat, and your own preference for heat will vary, too. I recommend starting with 1 tablespoon and increasing the amount of harissa in the vinaigrette to suit your taste.

¼ cup / 60ml water
3 tablespoons tahini
3 tablespoons olive oil
3 tablespoons freshly squeezed lemon juice
1 to 2 tablespoons harissa
½ teaspoon fine sea salt

Whisk together the water, tahini, oil, lemon juice, 1 tablespoon of the harissa paste, and salt in a small bowl until smooth. Taste and add additional harissa paste as desired.

Serve right away, or meal prep for the week by transferring the vinaigrette to a single airtight container. Store in the fridge for up to 1 week or in the freezer for up to 6 weeks.

COUSCOUS & ROASTED VEGETABLE BOWLS (THIS PAGE)

House Dressing

MAKES ¾ CUP / 180ML

A lot of restaurants have a house salad dressing, and this is mine. It's the dressing that I make from memory, often in double or triple batches. Mustard, nutritional yeast, and Bragg Liquid Aminos give this dressing a serious punch of umami. What I like most about the dressing is that it pairs well with so many different flavor profiles. I put it on salads to accompany dishes as diverse as Chickpea Vegetable Potpie (this page), Orzo-Stuffed Tomatoes (this page), Cozy Red Curry Sweet Potato Stew (this page), and Vegan Fried Rice (this page), among many others. If you don't use it on salad, the dressing is also a good dip for raw vegetables.

¼ cup / 35g whole or chopped raw cashews, soaked in water for at least 2 hours and drained
⅓ cup / 80ml water
2 tablespoons nutritional yeast
1½ tablespoons apple cider vinegar
1 tablespoon Dijon or yellow mustard
1 tablespoon Bragg Liquid Aminos, soy sauce, or tamari
¼ teaspoon onion powder

Blend the cashews, water, nutritional yeast, vinegar, mustard, Bragg Liquid Aminos, and onion powder in a high-speed blender until smooth.

Serve right away, or meal prep for the week by transferring the dressing to a single airtight container. Store in the fridge for up to 1

week or in the freezer for up to 6 weeks.

Sunflower Cilantro Sauce

MAKES 1¼ CUPS / 300ML

Cashews are the secret ingredient in nearly every creamy concoction that I make, but I do try to use other types of nuts and seeds for variety. Sunflower seeds are inexpensive and nutritious, and they work well in this bright, tangy sauce, which I like to use for tacos and grain bowls. The sauce isn't for cilantro haters, so experiment with substituting a mixture of basil and parsley if that's you.

1 cup / 20g tightly packed fresh cilantro leaves and stems
¾ cup / 180ml water
½ cup / 75g raw shelled sunflower seeds, soaked in water for at least 2 hours and drained
3 tablespoons freshly squeezed lemon juice
2 teaspoons white vinegar
1 teaspoon kosher salt
¼ teaspoon onion powder

Blend the cilantro, water, sunflower seeds, lemon juice, vinegar, salt, and onion powder together in a high-speed blender until smooth.

Serve right away, or meal prep for the week by transferring the sauce to a single airtight container. Store in the fridge for up to 4 days or in the freezer for up to 4 weeks.

TACO SALAD (THIS PAGE)

TURMERIC ROASTED CAULIFLOWER & BROWN BASMATI BOWLS (THIS PAGE)

SOY CURL FAJITAS (THIS PAGE)

Romesco Sauce

MAKES 1¾ CUPS / 415ML

Romesco sauce is a tart, sweet, salty delight. It can instantly jazz up any grain bowl—and I often use it for just that purpose—but it has also become a kitchen hack of sorts in my home. I stir it into pasta, drizzle it over roasted vegetables, and mix it with cooked rice and beans. This is an untraditional version that uses jarred roasted red bell peppers in place of the classic nyora peppers. Charring Roma tomatoes under the broiler before adding them to the sauce adds flavor, but you can substitute fire-roasted diced tomatoes from the can if you're running short on time.

3 Roma tomatoes, quartered (see Note)
Olive oil spray or vegetable oil spray
½ cup / 60g slivered or sliced almonds
1 cup / 200g jarred roasted red bell peppers, with their juice
2 cloves garlic, coarsely chopped
1½ tablespoons sherry vinegar, plus more as needed
Kosher salt
¼ teaspoon smoked paprika
Pinch of crushed red pepper flakes, plus more as needed
¼ cup / 60ml olive oil

Note: To save time, substitute the charred tomatoes with 1 cup / 210g canned fire-roasted diced tomatoes, drained.

Preheat your broiler on high. Line a rimmed baking sheet with aluminum foil.

Place the tomatoes on the prepared baking sheet and spray them with oil spray. Broil the tomatoes close to the heat source, using tongs to turn them halfway through cooking, until charred at the edges, 10 to 14 minutes.

Place the almonds in a food processor fitted with the S blade and process until they're ground into a coarse meal. Add the broiled tomatoes, roasted red bell peppers and their juices, garlic, vinegar, ¾ teaspoon salt, the paprika, and red pepper flakes and process until combined. With the processor running, drizzle in the oil. Stop to scrape down the sides of the processor and then process again until the sauce is evenly combined. It will retain some texture, thanks to the almonds. Taste and add additional vinegar, salt, or red pepper flakes as needed.

Serve right away, or meal prep for the week by transferring the sauce to a single airtight container. Store in the fridge for up to 6 days or in the freezer for up to 6 weeks.

ROMESCO RICE BOWLS WITH ROASTED BROCCOLI (THIS PAGE)

Garlicky Green Sauce

MAKES 2 CUPS / 480ML

Imagine: a green pasta sauce that isn't pesto! In some ways, I like this bright, nutritious sauce even better than pesto. It doesn't rely on fresh basil for flavor, which means that it's easy to make year-round. It's an excellent way to sneak kale (or another leafy green) into a pasta dish when you're not in the mood to eat greens any other way. And I like the balanced texture: creamy but not overly heavy. The sauce freezes well, and if you don't want to use it on pasta, it's also wonderful to drizzle over a grain bowl.

2 tablespoons olive oil

4 to 6 cloves garlic, very thinly sliced or minced

1 small bunch green curly or Lacinato kale, stemmed and coarsely chopped

¼ cup / 60ml vegetable broth, or ¼ cup / 60ml water plus 1 teaspoon tamari

1 tablespoon freshly squeezed lemon juice

1 cup / 240ml Tangy Cashew Cream (this page), or ½ cup / 120g vegan cream cheese and ½ cup / 120ml water

1 tablespoon fresh rosemary, oregano, or thyme leaves, or ¼ cup / 5g tightly packed fresh basil leaves (optional)

½ teaspoon kosher salt

Freshly ground black pepper

Heat the oil in a large, deep skillet over medium-low heat. Add the garlic (up to 6 cloves if you prefer a stronger garlic flavor) and cook, stirring constantly, until the garlic is very fragrant but not browning, 1 to 2 minutes. Add the kale in big handfuls, followed by the broth. Cover the skillet and let the kale cook down for a minute or so, then give it a stir. Add the lemon juice and cook,

uncovered, stirring the kale frequently, until the greens are tender but still vibrant in color, 4 to 5 minutes.

Place the cashew cream, the cooked kale mixture, the fresh herbs (if using), salt, and a few grinds of pepper in a food processor fitted with the S blade. Process, stopping to scrape the bowl a couple of times, until the sauce is bright green, about 2 minutes. There should be flecks of kale throughout, but no larger pieces, and the sauce should appear creamy.

Serve right away, or meal prep for the week by transferring the sauce to a single airtight container. Store in the fridge for up to 4 days or in the freezer for up to 4 weeks.

AD-LIBBING (THIS PAGE)

Tangy Pinto Beans

MAKES 6 SERVINGS (2½ CUPS / 560G)

Breakfast tacos make a frequent appearance at my home, and for years I purchased canned vegan refried beans nearly every week. Finally, I started to wonder whether I might be able to make a homemade version that would be equally reliable, but even more flavorful. That led very happily to these tangy pinto beans. A mixture of vinegar and lime juice, plus a generous handful of chopped cilantro, gives the beans freshness and brightness that canned refried beans lack. If you're out of pinto beans, try using kidney beans in their place.

1½ tablespoons refined avocado oil
1 small yellow onion, finely chopped
2 cloves garlic, minced
3 cups / 480g cooked pinto beans, or two 15-ounce / 425g cans, drained and rinsed
⅔ cup / 160ml vegan no-chicken broth
1½ tablespoons white wine vinegar, plus more as needed
1 teaspoon ground cumin
½ teaspoon ground coriander
Kosher salt
Pinch of crushed red pepper flakes (optional)
½ cup / 20g chopped fresh cilantro
1½ tablespoons freshly squeezed lime juice, plus more as needed

Heat the oil in a large, deep skillet over medium heat. Add the onion and cook until soft, translucent, and just browning, 4 to 5 minutes. Add the garlic and cook, stirring constantly, until fragrant, about 1 minute more.

Add the beans, broth, vinegar, cumin, coriander, ½ teaspoon salt, and the red pepper flakes (if using) and bring the mixture to a simmer. Turn the heat to low and simmer until the broth has reduced by half, about 5 minutes.

Use a handheld potato masher to mash the beans. Leave some of them whole or mash them as much as you like. Stir in the cilantro and lime juice. Taste and add additional salt, lime juice, or vinegar as desired.

Serve right away, or meal prep for the week by transferring the beans to a single airtight container or portioning them into individual containers. Store in the fridge for up to 4 days or in the freezer for up to 6 weeks.

FREEZER BREAKFAST BURRITOS (THIS PAGE)

SHEET PAN NACHOS (THIS PAGE)

Edamame Herb Hummus

MAKES 4 SERVINGS (1⅓ CUPS / 305G)

This hummus is a bright, herbaceous, lemony delight to eat. Its uplifting flavor and light green color make it fun to serve with simple vegetable crudités, and it will also liven up any sandwich or wrap. I especially like to use it in my Hummus Pinwheels (this page) for a satisfying afternoon snack. An edamame base makes this hummus recipe a little higher in protein than traditional chickpea hummus. I also like its textured quality, especially once I pulse in a handful of fresh herbs in addition to the beans.

1⅓ cups / 200g frozen shelled edamame
6 tablespoons / 90ml water
3 tablespoons tahini
1 tablespoon grated lemon zest
2½ tablespoons freshly squeezed lemon juice
1 clove garlic, peeled
¾ teaspoon kosher salt
½ cup lightly packed fresh dill (10g), chives (15g), parsley leaves (6g), basil leaves (6g), or cilantro (6g)

Cook the edamame according to package instructions. While the edamame is still warm, place it, along with the water, tahini, lemon zest, lemon juice, garlic, and salt into a food processor fitted with the S blade. Process for 2 or 3 minutes, stopping the machine and scraping down the bowl a few times. The hummus will have some creaminess, but it will be more textured than traditional hummus.

Add the herbs to the processor and pulse repeatedly, until they're finely chopped and incorporated into the hummus.

Serve right away, or meal prep for the week by transferring the hummus to a single airtight container or portioning it into individual containers. Store in the fridge for up to 5 days or in the freezer for up to 4 weeks.

HUMMUS PINWHEELS (THIS PAGE)

BREAKFASTS

If it were up to me, I would greet each new day with a big, satisfying, homemade morning meal. I love breakfast foods, both savory and sweet.

Leisurely breakfasts become a challenge when life is busy and mornings involve frantic preparation for either work or school. Meal prep can't make your mornings any less rushed, but it can provide you with a ready-to-eat, nutritious start to the day ahead. I think there's no better way to kick off a new week than by opening the fridge on a Monday morning and finding prepared and portioned breakfast foods inside—foods that I can easily reheat, transport, and savor.

You'll find these kind of recipes in the next few pages, along with some suggestions on how best to serve and store them. There are savory options to fuel active mornings and homemade baked goods to satisfy an early-morning sweet tooth.

Each of these recipes can be transported in your favorite storage container. If you need a handheld option, I recommend my Freezer Breakfast Burritos (this page), To-Go Breakfast Sandwiches (this page), or Orange Pecan Date Muffins (this page). If you have the luxury of utensils and a little more time, try my Green Onion & Potato Frittata (this page), Tempeh Chorizo Sweet Potato Hash (this page), or Overnight French Toast with Vanilla Berry Sauce (this page).

Wherever possible, I've tried to incorporate nutritious ingredients, including plant-based proteins, berries, and legumes, so that your day begins with both flavor and fuel.

Green Onion & Potato Frittata

MAKES 4 SERVINGS

This frittata was inspired by a recipe in one of the cookbooks of Neal Barnard, a plant-based physician. I've tried many tofu frittatas over the years, and this is my favorite in all ways: flavor, texture, and ease of preparation. Shiitake Bacon (this page) is a nice additional topping.

1 pound / 450g Yukon gold potatoes, peeled and cut into 1-inch / 2.5cm cubes
2 teaspoons refined avocado oil
1 bunch green onions, white and green parts, chopped
5 ounces / 140g baby spinach
¼ cup / 60ml vegetable broth or water
One 16-ounce / 450g block firm tofu, pressed (see this page)
4 to 6 tablespoons / 60 to 90ml unsweetened nondairy milk
2 tablespoons nutritional yeast
½ teaspoon ground turmeric
½ teaspoon fine sea salt
⅛ teaspoon freshly ground black pepper

Preheat your oven to 375°F / 190°C. Place the cubed potatoes in a 10-inch / 25cm nonstick, cast-iron, or other ovenproof skillet. Add 1½ cups / 360ml cold water and bring to a simmer over high heat. Turn the heat to low, cover the skillet, and simmer until the potatoes are fork-tender, 10 to 12 minutes. Drain the potatoes and wipe the skillet dry.

Heat the oil in the same skillet over medium-low heat. Add the green onions and cook, stirring often, until the green parts are wilted and the white parts are translucent, 2 to 3 minutes. Add the

spinach in big handfuls, followed by the broth, and cook, stirring the spinach frequently, until completely wilted and reduced in volume, 3 to 4 minutes. Remove from the heat.

Place half of the tofu block in a food processor fitted with the S blade. Add 4 tablespoons / 60ml of the nondairy milk, the nutritional yeast, turmeric, salt, and pepper and process until it's very smooth. If the tofu is not blending or is at all pasty, add an additional tablespoon or two of nondairy milk to smooth it out.

Transfer the blended tofu mixture to the skillet, along with the cooked potatoes. Crumble the remaining half block of tofu into the skillet. Use a large spoon to fold everything together, lightly mashing the ingredients with the back of the spoon as you go. It'll take a minute or two and look messy, which is fine! Once the ingredients are mashed and folded together, smooth the top of the frittata with the back of the spoon.

Transfer the skillet to the oven and bake the frittata until just golden on top, 20 to 25 minutes. Allow the frittata to cool for 10 minutes before serving or storing. The frittata can be served warm or cold.

Serve right away, or meal prep for the week by transferring the frittata to a single airtight container or portioning it into individual containers. Store in the fridge for up to 4 days or in the freezer for up to 6 weeks.

Reheat in a 350°F / 175°C oven for 10 to 15 minutes, if desired.

Blueberry Crumb Cake

MAKES 8 SERVINGS

The only thing better than crumb cake is a crumb cake that's layered with nutrient-rich, juicy, sweet blueberries. The amount of crumble here is significant, but not overwhelming, and the cake incorporates some whole-wheat flour for extra fiber. In the wintertime, you can replace fresh blueberries with frozen ones.

CRUMBLE TOPPING

⅓ cup / 45g unbleached all-purpose flour
¼ cup / 25g rolled oats
¼ cup / 50g lightly packed brown sugar
¼ teaspoon ground cinnamon
⅛ teaspoon kosher salt
4 tablespoons / 56g cold vegan butter, cubed

CAKE

1 cup / 140g whole-wheat flour
1 cup / 140g unbleached all-purpose flour
1¼ teaspoons baking powder
½ teaspoon baking soda
¾ teaspoon ground cinnamon
¼ teaspoon kosher salt
1¼ cups / 300ml unsweetened nondairy milk
1 tablespoon freshly squeezed lemon juice
¼ cup / 60ml refined avocado oil
½ cup / 120ml maple syrup
1 teaspoon vanilla extract
1½ cups / 210g fresh or thawed and drained blueberries

Preheat your oven to 375°F / 190°C. Butter or lightly oil a 9-inch / 23cm round cake pan or an 8-inch / 20cm square baking dish.

To prepare the crumble topping, stir together the flour, oats, brown sugar, cinnamon, and salt in a mixing bowl. Add the butter and use a pastry cutter or your hands or pulse with a food processor to incorporate the butter into the flour, until the butter is in small pieces (the size of peas). Place the crumble topping in the fridge while you make the cake.

To prepare the cake, whisk together the whole-wheat flour, all-purpose flour, baking powder, baking soda, cinnamon, and salt in a large mixing bowl. In another medium bowl, whisk together the nondairy milk and lemon juice. Stir in the oil, maple syrup, and vanilla. Add these wet ingredients to the dry ingredients and stir until they're just combined.

Pour the cake batter into the prepared baking pan. Distribute the blueberries on top of the batter, then sprinkle the crumble topping over the blueberries. Transfer to the oven and bake for 40 to 45 minutes, or until the cake is golden and the crumble topping is browning.

Allow the cake to cool for at least 1 hour in the pan before cutting and serving.

Serve the cake right away, or meal prep for the week by storing the cooled cake lightly wrapped at room temperature for up to 2 days, in an airtight container in the fridge for up to 5 days, or in the freezer for up to 6 weeks. The cake can be served at room temperature or warmed in a 350°F / 175°C oven for 15 minutes.

Freezer Breakfast Burritos

MAKES 4 SERVINGS

Nothing beats a fully loaded breakfast burrito, but making one on a busy morning can be a challenge. Not only do they take time to prepare, but a hurriedly wrapped burrito often falls apart. And no one has time for that! Freezer burritos are my solution. I prepare cooked brown rice, roasted vegetables, and my favorite homemade fixings ahead of time, assemble the burritos, and freeze them for overnight defrosting later. You can replace any one of the homemade components in this recipe with a store-bought vegan version for convenience. Be sure to use burrito-size (10-inch / 25cm) wraps here; anything smaller won't hold all the fillings.

½ cup / 100g short-grain brown rice

3 bell peppers (any color), cut into strips

1 large yellow onion, halved and sliced

1½ tablespoons refined avocado oil

Kosher salt

Freshly ground black pepper

1⅓ cups / 300g Tangy Pinto Beans (this page), or 1⅓ cups / 345g store-bought vegan refried beans

4 burrito-size wheat tortillas or wraps

2 cups / 390g Simple Eggy Scramble (this page) or prepared vegan egg replacer

1 cup / 240ml Cheddar Cheesy Sauce (this page), or 1 cup / 120g shredded vegan cheese of choice

TOPPINGS

Vegan bacon of choice or Shiitake Bacon (this page, optional)

Salsa (optional)

Preheat your oven to 400°F / 200°C and line a baking sheet with parchment paper or aluminum foil.

Bring a medium pot of water to boil. Add the rice and boil (like pasta) until tender, about 40 minutes, then remove the pot from the heat. Drain the rice and return it to the pot. Cover and allow it to steam for 5 minutes. Uncover the pot and fluff the rice gently with a fork. Re-cover and set aside.

Place the bell peppers and onions on the baking sheet. Drizzle them with oil and toss until the bell peppers and onions are evenly coated. Sprinkle with salt and pepper, then transfer the vegetables to the oven. Roast until the onions are browning and the pepper strips are very tender, 35 to 40 minutes.

To assemble the burritos, start by layering ⅓ cup / 75g of the Tangy Pinto Beans horizontally in the bottom third of a tortilla. Follow with ⅓ cup / 42g of the cooked rice, a quarter of the scramble, a quarter of the roasted vegetables, and ¼ cup / 30g of the cheese. Sprinkle any of the optional toppings you'd like over the top. Tuck the sides of the burrito in, covering the filling. Roll the burrito up from bottom to top. Cut the burrito in half. Repeat with the remaining wraps and ingredients for a total of four burritos.

Serve right away, or wrap each of the four burritos in foil and store in the freezer for up to 2 months.

To reheat, thaw a burrito in the fridge overnight, then remove the foil. The next day, microwave for 3 to 4 minutes or bake at 350°F / 175°C for 15 to 20 minutes.

Tempeh Chorizo Sweet Potato Hash

MAKES 4 SERVINGS

I love a good breakfast hash, but I don't love cooking potatoes on the stovetop. It's a lot of effort to brown potatoes evenly in a skillet, and cooking times can be unpredictable. Enter sheet pan hash, which results in perfectly crispy potatoes with less babysitting. While the potatoes roast in the oven, you can direct your efforts to whipping up a batch of Tempeh Chorizo. The chorizo adds protein and spice to this nutritious, savory breakfast. Make it more filling with toast, fresh fruit, or any cooked greens that you have.

1 pound / 450g sweet potatoes, scrubbed and cut into 1-inch / 2.5cm cubes
1 green bell pepper, cut into 1-inch / 2.5cm pieces
1 red onion, cut into 1-inch / 2.5cm pieces
2 tablespoons refined avocado oil
½ teaspoon smoked paprika
½ teaspoon kosher salt
2 cups / 300g Tempeh Chorizo (this page)

Preheat your oven to 425°F / 220°C and line a baking sheet with parchment paper or aluminum foil.

In a mixing bowl, toss the sweet potatoes, bell pepper, and onion with the oil and paprika. Arrange on the prepared baking sheet and sprinkle with the salt.

Roast for 20 minutes, then remove the sheet pan from the oven and stir the ingredients. Continue roasting until the potatoes are browning and crispy at the edges and tender in the center, 15 to 20 minutes more.

When the potatoes are done, remove the sheet pan from the oven and stir in the tempeh chorizo.

Serve right away, or meal prep for the week by transferring the hash to a single airtight container or portioning it into individual containers. Store in an airtight container in the fridge for up to 1 week.

Stored portions can be reheated in the microwave or transferred to a foil- or parchment-lined baking sheet and reheated in the oven for 10 minutes at 350°F / 175°C.

Orange Pecan Date Muffins

MAKES 12 MUFFINS

These cinnamon-scented, orange-spiced muffins smell and taste like the holidays. They feature an irresistible combination of tart citrus and deeply sweet, sticky chopped dates. The dates are soaked in hot water before mixing. They practically melt into the batter as they're folded in, and the finished muffins are filled with pockets of soft, caramel sweetness. The muffins are lovely on their own or with vegan butter or some almond, cashew, or sunflower butter.

¾ cup / 120g packed chopped pitted Medjool dates (from 8 medium or 6 large dates)
2 cups / 480ml water
1 cup / 140g unbleached all-purpose flour
¾ cup / 105g whole-wheat flour
1 teaspoon baking powder
½ teaspoon baking soda
¼ teaspoon kosher salt
1 teaspoon ground cinnamon
¼ teaspoon ground cloves
¼ teaspoon ground nutmeg
1 tablespoon orange zest
½ cup / 120ml freshly squeezed orange juice (from 2 or 3 oranges)
½ cup / 100g coconut sugar or lightly packed brown sugar
6 tablespoons / 90ml refined avocado oil
⅓ cup / 80ml water
⅓ cup / 40g chopped pecans or walnuts

Preheat your oven to 350°F / 175°C and line a 12-cup muffin pan with silicone or paper liners.

Place the Medjool dates in a small heatproof bowl. Bring the water to a boil, then pour the boiling water over the chopped dates to cover them. Allow the dates to soak for 10 minutes, then drain them.

In a large mixing bowl, whisk together the all-purpose flour, whole-wheat flour, baking powder, baking soda, salt, cinnamon, cloves, nutmeg, and orange zest.

In a medium bowl, mix together the orange juice, sugar, oil, and water. Pour the wet ingredients into the dry ingredients and fold everything together, until it's just about evenly incorporated. Fold in the dates and nuts.

Use a ⅓ cup / 80ml measuring cup or an ice cream scoop to divide the batter among the wells in the pan. Bake until the muffin tops are domed and the edges of the muffins are browning, 20 to 22 minutes. Allow the muffins to cool in the pan for 15 minutes, then transfer them to a cooling rack for 10 minutes more.

Serve the muffins right away, or meal prep for the week by storing the cooled muffins in a sealable container or resealable bag at room temperature for up to 2 days, in an airtight container in the fridge for up to 5 days, or in the freezer for up to 6 weeks.

Overnight French Toast with Vanilla Berry Sauce

MAKES 4 TO 6 SERVINGS

This vegan version of the breakfast classic gets prepared the day before baking—a process that takes only 15 minutes. The French toast then sits in the fridge overnight, which helps to ensure that it will have crispy crusts and a soft, custard-like interior. I like to top slices with a sweet vanilla berry sauce. It's a more nutritious alternative to maple syrup, and the sauce will stain everything a beautiful, brilliant shade of purple.

1 small boule sourdough or peasant bread (about 12 ounces / 340g), sliced into ½-inch / 1.3cm thick slices and halved diagonally

2¾ cups / 650ml unsweetened nondairy milk

6 tablespoons / 90ml maple syrup or agave nectar

6 tablespoons / 100g cashew butter, almond butter, or tahini

1½ teaspoons vanilla extract

1 teaspoon ground cinnamon

¼ teaspoon fine sea salt

VANILLA BLUEBERRY SAUCE

3 cups / 420g fresh or frozen blueberries or chopped strawberries, or 3 cups / 360g raspberries

1 tablespoon freshly squeezed lemon juice

2 teaspoons vanilla extract

¼ cup / 50g cane sugar or coconut sugar

2 teaspoons cornstarch or arrowroot powder

Lightly oil or butter a 9 by 13-inch / 24 by 36cm baking dish.

Blend the nondairy milk, maple syrup, cashew butter, vanilla, cinnamon, and salt in a blender until smooth. Pour this mixture into

a large, shallow bowl. Submerge four halved slices at a time into the bowl and let them soak for 30 seconds. Remove the slices and arrange them, overlapping, in two lengthwise rows in the prepared baking dish. Repeat with all remaining slices.

Pour any remaining liquid over the slices. Use your hands to gently press down on the bread, submerging all the slices in the liquid mixture. Cover the baking dish with aluminum foil and transfer it to the fridge for at least 2 hours, or up to overnight.

When you are ready to bake, preheat your oven to 350°F / 175°C. Remove the foil and transfer the French toast to the oven. Bake for 30 minutes, or until the bread turns golden.

While the French toast is baking, make the berry sauce. Combine the berries, lemon juice, vanilla, and sugar in a small saucepan and bring to a boil over medium-high heat. Turn the heat to low and simmer, uncovered, until the berries are bubbling and juicy, 10 to 12 minutes. Stir once or twice during cooking. Sprinkle the cornstarch over the mixture and stir well. Continue to simmer until the sauce has thickened and fully coats the back of a wooden spoon, 3 to 5 minutes more.

Serve right away, or meal prep for the week by transferring the French toast and the sauce to two separate airtight containers or portioning them into individual containers. Store for 5 days in the fridge or in the freezer for up to 6 weeks.

Reheat the French toast in a 350°F / 175°C oven until warmed through, about 15 minutes. Reheat the sauce in a small saucepan over low heat, stirring occasionally, until warmed through, about 3 minutes.

Pumpkin Waffles

MAKES 4 TO 5 ROUND BELGIAN-STYLE WAFFLES OR 12 TO 14 ROUND MINI-WAFFLES

Waffles are my favorite sweet breakfast food, but I rarely make them from scratch during the week due to my limited patience in the morning. My future self is thrilled when she finds a batch of these pumpkin waffles in the freezer, waiting to be thawed and toasted as a busy day begins. Pumpkin puree gives the waffles richness and subtle sweetness, while pumpkin pie spice announces autumn whatever the time of year. The waffles are excellent with maple or date syrup, and I also like to sprinkle them with toasted pepitas before serving.

1½ cups / 360ml unsweetened nondairy milk
1 tablespoon freshly squeezed lemon juice
1½ cups / 210g unbleached all-purpose flour
½ cup / 70g whole-wheat flour
3 tablespoons cane sugar
1½ teaspoons pumpkin pie spice
1½ teaspoons baking powder
½ teaspoon baking soda
¼ teaspoon fine sea salt
¾ cup / 185g canned pumpkin puree
1 tablespoon melted vegan butter or refined avocado oil
Vegan butter for serving (optional)
Maple syrup or date syrup for serving (optional)
Toasted pepitas for serving (optional)

Oil and preheat your waffle iron according to the maker's instructions.

Stir together the nondairy milk and lemon juice in a small mixing bowl.

Whisk together the all-purpose flour, whole-wheat flour, sugar, pumpkin pie spice, baking powder, baking soda, and salt in a large mixing bowl.

Add the pumpkin puree and melted butter to the nondairy milk mixture and stir until combined. Pour the wet ingredients into the dry ingredients and stir together until no streaks of flour are visible (some small clumps of flour are fine).

Transfer the waffle batter to the waffle iron using a ⅔ cup / 160ml measure for round Belgian-style waffles, or a ¼ cup / 60ml measure for round mini-waffles, and cook according to the maker's instructions. The amount of batter you need for your waffles will vary based on the manufacturer and shape of your waffle iron.

Serve right away with toppings of choice, or meal prep for the week by transferring the waffles to a single airtight container or portioning them into individual containers. Store in the freezer for up to 6 weeks.

Reheat the waffles in a toaster, until the waffles are warmed through and crisp.

To-Go Breakfast Sandwiches

MAKES 1 TO 4 SERVINGS

These savory breakfast sandwiches are inspired by the famous Sausage McMuffin with Egg. Unlike the fast-food original, they're made with homemade plant-based ingredients: my Simple Eggy Squares and Lentil Apple Sage Patties. As with other recipes in this book, you can substitute one or both main ingredients with a store-bought vegan alternative. You can also add any flourishes you like: I like to add sliced tomato sometimes. English muffins taste best when they've just been toasted, so I recommend preparing your ingredients ahead of time and toasting your muffin right before you assemble. The sandwiches are a good handheld, to-go option on hectic mornings.

1 to 4 English muffins

1 to 4 Simple Eggy Squares (this page)

1 to 4 Lentil Apple Sage Patties (this page)

1 to 4 tablespoons Cheddar Cheesy Sauce (this page), or 1 to 4 slices store-bought vegan cheese (optional)

1 to 4 tomato slices (optional)

Toast as many English muffins as you need. Fill each with an Eggy Square and homemade sausage patty, and (if you like) top with 1 tablespoon cheesy sauce and a slice of tomato. Enjoy.

Store the Simple Eggy Squares and Lentil Apple Sage Patties as directed. Toast your English muffins and assemble the sandwiches right before eating.

Roasted Apples with Cookie Crumble

MAKES 6 SERVINGS

This recipe is some sort of cross between a deconstructed crumble and a parfait. It was inspired by a recipe created by creative and prolific home cook Antonia James, found in the well-curated cookbook *Food52 Baking*. For her breakfast crumble, Antonia bakes a solid, cookie-like topping of oats and almond butter separately from a fruit filling. She breaks the topping into pieces, then finishes baking them on top of the fruit. I loved this idea when I first encountered it, but in the interest of time I decided to let the ingredients bake on their own and combine them right before eating. The nutty cookie crumble is reminiscent of granola, but it's so much more satiating. If I don't have time to serve it on top of the roasted apples, I eat it with fresh berries, sliced banana, or any fruit I have on hand.

APPLES

3 pounds / 1.4kg Granny Smith apples (from 5 or 6 apples), peeled, cored, and sliced into ½-inch / 1.3cm thick slices

2 tablespoons melted vegan butter or refined avocado oil

2 to 4 tablespoons / 25 to 50g lightly packed brown sugar

1½ tablespoons freshly squeezed lemon juice

1½ teaspoons ground cinnamon

Pinch of kosher salt

CRUMBLE

1 cup / 100g rolled oats

½ cup / 60g chopped walnuts or pecans

½ cup / 70g unbleached all-purpose or whole-wheat flour

½ cup / 100g lightly packed brown sugar

6 tablespoons / 100g almond butter

2 tablespoons water
1 teaspoon vanilla extract
¼ teaspoon almond extract (optional)
½ teaspoon kosher salt
¼ teaspoon cinnamon

Unsweetened plain vegan yogurt or Tangy Cashew Cream (this page) for serving (optional)

Preheat your oven to 350°F / 175°C. Lightly oil or butter a 9 by 13-inch / 24 by 36cm baking dish and line with parchment paper.

To prepare the apples, combine the apple slices, melted butter, sugar, lemon juice, cinnamon, and salt on the prepared baking dish. Use a spoon or your hands to toss the ingredients until the apple slices are evenly coated.

To prepare the crumble, place the oats and nuts in a food processor fitted with the S blade. Pulse the oats and nuts a few times to break them down. Add the flour, sugar, almond butter, water, vanilla, almond extract (if using), salt, and cinnamon to the processor. Pulse repeatedly, until the mixture is evenly combined and sticking together.

Turn the crumble mixture onto a rimmed baking sheet. Use the bottom of a measuring cup (or the heels of your hands) to press it evenly into a ½-inch / 1.3cm thick layer.

Transfer the crumble and the apples to your oven, each in their own pan. Bake the crumble until it smells nutty and the edges are browning, 15 to 17 minutes. Remove the crumble from the oven and allow it to cool completely. Continue roasting the apples,

stirring every 15 minutes or so, until they're very soft, golden brown, and reduced in size, 40 to 50 minutes in total.

To serve right away, break the cooled cookie crumble into bite-size pieces, then divide the roasted apples into six portions and top each with a handful of the crumbles and a dollop of yogurt, if desired.

To meal prep for the week, store the components in separate airtight containers or portion them into individual, divided storage containers. Store the apples in the fridge for up to 5 days or in the freezer for up to 4 weeks. Store the crumble in the fridge for up to 1 week or in the freezer for up to 6 weeks.

The cookie crumble can be eaten cold, or reheat the crumble on a rimmed baking sheet in a 350°F / 175°C oven until warmed through, 10 to 15 minutes. Reheat the apples in a medium nonstick pan over medium-low heat, stirring occasionally, until warmed through, 4 to 5 minutes.

Hash Brown Breakfast Casserole

MAKES 6 TO 9 SERVINGS

I'm always surprised at the number of requests I receive for savory make-ahead vegan breakfasts. For years I've wondered about a vegan breakfast casserole, something that can be layered, baked, sliced, and portioned out for storage or freezing. After much trial and error, I landed on this hearty hash brown casserole. Frozen hash browns create an easy base layer, and the components on top can be staple recipes in this book or their store-bought equivalents. You can slice the casserole into smaller or larger portions depending on what, if anything, you'd like to serve it with.

2 teaspoons refined avocado oil

1 small yellow onion, diced

1 bell pepper (any color), diced

¾ teaspoon ground cumin

½ teaspoon smoked paprika

One 16-ounce / 450g bag frozen hash browns, thawed overnight in the fridge

½ teaspoon kosher salt (optional, see Note)

2 cups / 390g Simple Eggy Scramble (this page)

2 cups / 300g Tempeh Chorizo (this page), 2½ cups / 385g Chickpea Walnut Taco Meat (this page), 2 cups / 140g Shiitake Bacon (this page), or 2 cups / 220g store-bought vegan beef-style crumbles (such as Beyond Meat Crumbles), prepared according to package instructions

1 cup / 240ml Cheddar Cheesy Sauce (this page), or 1 cup / 120g shredded vegan cheddar or pepper jack cheese

Note: Check the hash browns package to see if they are preseasoned. If so, omit the salt from this recipe.

Preheat your oven to 350°F / 175°C. Lightly oil an 8-inch / 20cm square baking dish.

Heat the oil in a large frying pan over medium heat. Add the onion and bell pepper and cook, stirring often, until the onion is tender and translucent and the pepper is soft, 5 to 7 minutes. Stir in the cumin and paprika, followed by the thawed hash browns. If the hash browns are unseasoned, add the salt. Mix the ingredients well, then remove from heat. Transfer the hash brown mixture to your prepared baking dish and bake in the oven for 30 minutes.

Remove the dish from the oven. In a medium mixing bowl, combine the scramble and the vegan meat of choice with a spoon or your hands. Layer the mixture on top of the baked hash browns. Drizzle the cheese sauce or sprinkle the shredded cheese evenly over the top.

Return the dish to the oven and bake until the vegan meat is crisping and the cheese sauce is set, about 25 minutes more.

Allow the casserole to cool for at least 30 minutes, then serve right away or meal prep for the week by transferring it to a single airtight container or portioning it into individual containers. Store in the fridge for up to 5 days or in the freezer for up to 6 weeks.

Reheat stored or thawed slices in an oven at 350°F / 175°C for 10 minutes or microwave them on high for 1 minute.

SNACKS

If you're already meal prepping for the week ahead, then there's no reason not to devote a little time to making one or two wholesome, tasty homemade snacks. Making snacks from scratch will allow you to get creative with the types of snack foods that you eat, rather than relying on the standard array of store-bought options (chips, popcorn, bars). This chapter showcases some of the snacks that I enjoy most, ranging from sweet to savory.

I have a considerable sweet tooth in the afternoon, which is when I'm most likely to be snacking. Over time, I've assembled a collection of snacks that are sweet enough to satisfy my craving, yet not overwhelmingly sugary. They include Strawberry Yogurt Snack Cake (this page), Dark Chocolate Oat Scones (this page), snack balls that I prepare in a variety of flavors (see this page), and Fig Cookies (this page).

I also love to think outside of the box when it comes to snack foods, especially savory ones. For example, I've been eating roasted sweet potato halves as a snack for years. I'm always appreciative of the long-lasting energy they give me, and I've found that tahini makes a perfect topping. It's creamy, it has a slight bitterness to offset the sweetness of the potato, and it's full of healthful fats, which help keep me satisfied till dinnertime.

Some of these snacks can be incorporated into meals just as easily as they can be eaten on their own. Hummus Pinwheels (this page) are perfect for pairing with a bowl of soup or a hearty salad. Crispy Ranch Chickpeas (this page)

add instant protein to any salad or bowl, or you can serve them with a sandwich that you love. They're more satisfying and nutritious than a bag of chips, and they're more flavorful too! The fact that these snacks multitask well makes them especially worthy of a place in your meal-prep routine.

Strawberry Yogurt Snack Cake

MAKES 8 TO 10 SERVINGS

This snack cake is everything I want a snack cake to be: sweet but not sugary, elegant without any need for complicated decoration, and easy to make. It's a hybrid of Sarah Jampel's beautiful Strawberry Snacking Cake, first published in *Bon Appetit,* and traditional French gâteau au yaourt. Here, vegan yogurt helps to replace eggs. If you like, transform your snack into a meal: have a slice of the cake with an additional bowl of vegan yogurt and berries for breakfast.

Vegan butter or refined avocado oil for greasing the baking pan
1¾ cups / 245g unbleached all-purpose flour
¾ cup / 150g cane sugar
1½ teaspoons baking powder
½ teaspoon baking soda
½ teaspoon kosher salt
1 cup / 240ml unsweetened plain vegan yogurt
½ cup / 120ml unsweetened nondairy milk
¼ cup / 60ml vegetable oil
1 teaspoon vanilla extract
1 cup / 140g thinly sliced strawberries

Preheat your oven to 350°F / 175°C. Butter or oil an 8-inch / 20cm square baking pan.

In a large mixing bowl, whisk together the flour, sugar, baking powder, baking soda, and salt.

Make a well in the center of the dry ingredients and add the yogurt, nondairy milk, vegetable oil, and vanilla. Fold the

ingredients together with a spatula until they're evenly mixed. Pour the batter into the prepared pan. Decorate the top with rows of the thinly sliced strawberries.

Bake the cake until just turning golden, puffy, and set on top, 45 minutes. Allow the cake to cool to room temperature before slicing.

Serve right away, or wrap with plastic and store at room temperature for up to 2 days. After this, you can store the cake in an airtight container in the fridge for an additional 2 days. If you plan to store the cake longer, I recommend freezing cake slices for up to 6 weeks.

Dark Chocolate Oat Scones

MAKES 8 LARGE OR 12 SMALLER SCONES

I used to think that making scones was a complicated undertaking. In fact, scones are one of the simplest things to bake, and while they're best enjoyed fresh, they freeze well. This batch, made with chopped dark chocolate and oats, can be an answer to late-afternoon chocolate cravings or a sweet treat for the brunch table.

½ cup plus 2 tablespoons / 150ml unsweetened nondairy milk
2 teaspoons freshly squeezed lemon juice
1 cup / 140g unbleached all-purpose flour
¾ cup / 60g quick oats
½ cup / 70g whole-wheat flour
6 tablespoons / 75g cane sugar
2½ teaspoons baking powder
¾ teaspoon kosher salt
8 tablespoons / 112g cold vegan butter, cubed
2½ ounces / 75g vegan dark chocolate, chopped into morsel-size pieces
1 tablespoon maple syrup or agave nectar
Demerara or sparkling sugar for sprinkling (optional)

Preheat your oven to 375°F / 190°C and line a baking sheet with parchment paper.

Combine ½ cup / 120ml of the nondairy milk and the lemon juice. Allow the mixture to sit while you prepare the rest of the ingredients.

In a large mixing bowl, whisk together the all-purpose flour, oats, whole-wheat flour, sugar, baking powder, and salt. Use a pastry cutter or your hands or pulse with a food processor to incorporate

the butter into the flour, until the butter is in small pieces (the size of peas).

Make a well in the center of the flour and butter mixture and pour in the milk and lemon mixture. Use your hands or a spatula to mix the ingredients until everything is just combined; the dough will be crumbly, but it should hold together when you press it. If there's a lot of flour at the bottom of the mixing bowl, add 1 tablespoon of nondairy milk to the dough and keep gently folding it together. Fold in the dark chocolate with a spatula.

Flour a clean, cold work surface. Turn the dough out onto the surface and use your hands to shape the dough into a disk that's about 1½ inches / 4cm high and 8 to 9 inches / 20 to 23cm across. Cut the circle into eight or twelve triangular wedges. Place each slice onto the prepared baking sheet.

Combine the remaining 2 tablespoons of nondairy milk with the maple syrup to make a vegan "egg wash." Use a pastry or basting brush to brush the tops of the scones with this mixture. Sprinkle the tops with the demerara sugar (if using). Bake the scones until the they're puffy and browning along the edges, 22 to 25 minutes.

Serve right away or meal prep for the week by storing cooled scones in an airtight container at room temperature for up to 2 days or in the freezer for up to 6 weeks. The scones can be enjoyed at room temperature, or you can warm them on a baking sheet in a 350°F / 175°C oven for about 10 minutes before eating. If reheating from frozen, thaw the scones in the fridge overnight prior to warming.

Hummus Pinwheels

MAKES 16 TO 20 PINWHEELS

Hummus pinwheels are one of my favorite two-bite snacks. They're a little more satisfying than hummus with crudités, not to mention more portable and compact. Yet they aren't quite as much of a commitment as an entire wrap. I love making them with my Edamame Herb Hummus, but you can prepare them with any hummus or bean dip that you have on hand. Once wrapped and sliced, you can pack a few of the pinwheels into a small storage container for easy transport.

1⅓ cups / 305g Edamame Herb Hummus (this page) or hummus of choice
Eight 8- or 10-inch / 20 or 25cm whole-wheat or spinach wraps
8 large lettuce leaves
8 very thin slices tomato or jarred roasted red bell pepper strips

Spread ⅓ cup / 75g hummus on one wrap, leaving about a 1-inch / 2.5cm border. Layer 2 lettuce leaves and 2 tomato slices in the wrap. Roll the wrap up and then trim the edges. Cut the wrap crosswise into four or five pinwheels. Repeat with the remaining ingredients until you have sixteen to twenty pinwheels.

The pinwheels will unwrap easily, so at this point it's best to eat them or to store them snugly in an airtight container in the fridge for up to 3 days.

Lemon Poppy Seed Snack Balls

MAKES 15 TO 18 BALLS

Sweet, tender snack balls, prepared with Medjool dates and cashews, are my favorite afternoon pick-me-up. I've made them in many flavors, but this lemon poppy seed version is particularly uplifting. I use lemon extract or lemon oil for a bright, intense flavor. Leftover extract can be used in cakes, cookies, cupcakes, or muffins. I also have a soft spot for chai-spiced and chocolate energy balls, so I've included those variations below. I hope that you'll find a favorite of your own among them.

1 cup / 140g whole or chopped raw cashews
¼ teaspoon kosher salt
9 ounces / 270g lightly packed pitted Medjool dates
¼ teaspoon lemon extract or oil
2 teaspoons poppy seeds

Flavor Variations

Chai Spice Snack Balls: Replace the lemon extract and poppy seeds with 1 teaspoon cinnamon, ½ teaspoon ground ginger, and ¼ teaspoon cardamom.

Chocolate Snack Balls: Replace the lemon extract and poppy seeds with ¼ cup / 20g cocoa powder and 1 teaspoon vanilla extract.

Place the cashews and salt into a food processor fitted with an S blade and process until ground into a meal that's about the texture of medium cornmeal, about 1 minute.

Add the pitted Medjool dates to the processor. Process until the mixture clumps together, 1 to 2 minutes more. Add the lemon extract and poppy seeds and pulse repeatedly for about 30 seconds.

Stop the processor and try squeezing a small amount of the mixture in the palm of your hand; it should be soft and stick together easily. If it isn't, keep pulsing until it is. With your hands, roll the mixture into 1½-inch / 4cm balls.

Chill the balls for 30 minutes. Serve right away, or store the balls in an airtight container in the fridge for up to 2 weeks or in the freezer for up to 6 weeks.

Fig Cookies

MAKES 20 COOKIES

A key part of achieving a cake-like texture in these nostalgic cookies, which are of course inspired by Fig Newtons, is to let them steam in a closed container after baking. This is a trick that I learned from classic American dessert guru Stella Parks. The steaming step requires some patience, but it results in soft, cinnamon-spiced, fig-filled parcels that are well worth the wait.

COOKIES

8 tablespoons / 112g vegan butter, at room temperature
½ cup / 100g lightly packed brown sugar
½ teaspoon baking soda
¼ teaspoon fine sea salt
¼ cup / 60g applesauce
1 tablespoon freshly squeezed orange juice
1 teaspoon vanilla extract
¼ teaspoon orange extract (optional)
¼ teaspoon ground cinnamon
1 cup / 140g unbleached all-purpose flour
½ cup / 70g whole-wheat flour

FILLING

9 ounces / 255g dried Calimyrna (Turkish) figs
¼ cup / 60ml freshly squeezed orange juice
2 teaspoons maple syrup
½ teaspoon ground cinnamon

To prepare the cookies, combine the butter, brown sugar, baking soda, and salt in the bowl of a stand mixer fitted with the paddle attachment. Beat on medium-low speed until quite fluffy, about 3

minutes. Add the applesauce, orange juice, vanilla, orange extract (if using), and cinnamon to the mixture. Beat until the ingredients are well incorporated, about 1 minute more.

Add the all-purpose and whole-wheat flours to the stand mixer and continue to mix on low speed until the flour is fully incorporated and the dough is evenly mixed, about 30 seconds. Use your hands to shape the dough into a ball, leaving it in the bowl of the stand mixer. The dough will be sticky. Cover the bowl and transfer it to the fridge for at least 1 hour, or up to 2 days.

To prepare the filling, combine the figs, orange juice, maple syrup, and cinnamon in a small saucepan and bring to a gentle simmer over medium heat. Alternatively, place the fig and juice mixture in a microwave-safe glass bowl and microwave for 45 seconds. The goal is to warm the figs before blending them.

Once warm, transfer the fig and juice mixture to a food processor fitted with the S blade and process for 2 minutes, stopping a few times to scrape down the sides with a spatula. The fig mixture should be evenly blended.

Cut a ½-inch / 1.3cm piece off one of the bottom corners of a ziplock bag to convert it into a piping bag. Place the bag, cut-tip down, into a large drinking glass, then fill it with the fig mixture. Alternatively, transfer the fig mixture to a piping bag with a round tip.

Preheat your oven to 375°F / 190°C. Divide the chilled dough into four equal pieces. Flour a work surface and a rolling pin.

Roll the dough into four long pieces that are about 3½ by 10 inches / 9 by 25cm. Pipe a long, thick strip of the fig mixture lengthwise down the center of each piece of dough. Carefully fold

both long ends of the dough over the fig mixture, then pinch the two sides closed to create a seam along the center of the roll. Repeat with the remaining three pieces of dough and the filling mixture. Transfer each cookie roll, seam-side down, to your baking sheet. The rolls should be at least 2 inches / 5cm apart. Press on the rolls gently to flatten them a bit, but don't squash them.

Bake the rolls until they're just turning golden, about 18 minutes. Remove them from the oven, then use a bench scraper or a sharp kitchen knife to cut them crosswise into individual cookies (about five per roll). The cookies should be about 2 inches / 5cm long. The cookies may look slightly underbaked when they've been cut, but this is fine.

Immediately transfer the warm cookies to an airtight storage container and cover with the top. Allow the cookies to rest in the container at room temperature for about 20 minutes; this will allow them to steam and soften. Transfer the storage container to the fridge for at least 2 hours before serving.

Store in the fridge for up to 5 days or in the freezer for up to 6 weeks.

Baked Sweet Potato Halves with Tahini

MAKES 4 SERVINGS

These sweet potato halves are one of the most nutritious options in my rotation of go-to snacks. The potatoes provide complex carbs, which are digested slowly to provide sustained energy. Tahini adds a little protein along with healthful fat that helps to make the snack satiating. I'm always struck by the balance of flavor here: sweet potatoes, gently bitter tahini, and salty Maldon.

2 Slow-Baked Sweet Potatoes (this page)
¼ cup / 70g tahini
Maldon sea salt

Split the baked potatoes in half lengthwise. If you've been storing your potatoes in the fridge, you can microwave the halves for 1 to 2 minutes, or you can eat them cold. Drizzle each potato with 1 tablespoon of the tahini and a pinch of sea salt.

To meal prep for the week, mash the tahini into the potatoes before portioning them into individual storage containers. Store in the fridge for up to 4 days. Add a pinch of salt directly before snacking.

Maple Vanilla Oat Bars

MAKES 9 SQUARES

Think of these tender, chewy bars as handheld oatmeal. That's how they were described by my friend Ashley McLaughlin, who created the recipe that these are slightly adapted from. The maple and vanilla–scented bars remind me of a soft cookie, but with a wholesome oat base. One of my star recipe testers discovered a bonus way to serve the bars: crumbled onto yogurt and fresh fruit, as part of a breakfast parfait.

3 cups / 300g rolled oats
1 cup / 100g walnut or pecan halves and pieces
¼ teaspoon fine sea salt
3 tablespoons refined avocado oil
½ cup / 120ml maple syrup
¼ cup / 65g cashew butter or almond butter
2 teaspoons vanilla extract
⅔ cup / 160ml water

Preheat your oven to 350°F / 175°C and line an 8-inch / 20cm square baking pan with two overlapping sheets of parchment paper. The sides of each piece should drape over the sides of the baking pan.

Place the oats in a food processor fitted with the S blade and process for 8 to 10 seconds, or until they're coarsely ground. Empty the ground oats into a large mixing bowl. Add the walnuts to the processor and process till you have pebble-size pieces. Add the walnuts to the ground oats and add the salt. Stir to combine.

Pour the oil into a small mixing bowl. Add the maple syrup, cashew butter, and vanilla and whisk together until evenly combined. Pour the wet mixture into the dry ingredients and mix with a spatula for 1 minute. The mixture will be sticky.

Add the water to the mixing bowl and keep stirring with your spatula until combined. Allow to sit until it has the texture of very thick oatmeal, about 5 minutes.

Transfer the mixture into the prepared baking pan and spread it around evenly with your spatula. Bake until the center is soft (but not wet) to the touch and the edges are set, 15 to 18 minutes.

Allow to cool for at least 2 hours before removing from the pan. Using the overhanging parchment paper, lift the baked square out of the pan and remove the parchment. Cut into twelve bars.

Serve right away, or meal prep for the week by transferring the bars to an airtight container. Store in the fridge for up to 5 days or in the freezer for up to 6 weeks.

Crispy Ranch Chickpeas

MAKES 4 TO 6 SERVINGS

Oven-roasted chickpeas have long been a favorite snack of mine, and this ranch-seasoned version is my favorite rendition yet. The trick to getting the chickpeas extra crispy is to pat them dry (or as dry as you can) before seasoning and roasting them. They'll lose some crispiness as you store them, but they won't lose flavor or nutrition (and you have an option to re-crisp them before snacking if you like).

1½ cups / 240g cooked chickpeas, or one 15-ounce / 425g can
1½ tablespoons refined avocado oil
1 teaspoon dried dill weed
1 teaspoon dried parsley
½ teaspoon onion powder
½ teaspoon garlic powder
½ teaspoon fine sea salt
¼ teaspoon freshly ground black pepper

Preheat your oven to 400°F / 200°C.

Rinse the chickpeas and then drain well. Transfer to a rimmed baking sheet and use tea towels or paper towels to pat them as dry as you can—the drier, the better. Transfer the chickpeas to a mixing bowl. Wipe the baking sheet down until it's dry.

Toss the chickpeas with the oil, dill, parsley, onion powder, garlic powder, salt, and pepper. Transfer them back to the baking sheet. Roast, stirring them once halfway through cooking, until the chickpeas are a deep golden brown and crispy, 30 to 35 minutes.

Serve right away, or meal prep for the week by transferring the chickpeas to a single airtight container. Store for 3 days at room temperature (to retain more crispness) or 5 days in the fridge. Enjoy at room temperature or reheat them in a 300°F / 150°C oven for about 15 minutes.

BOWLS & LUNCH BOXES

It's not hard to understand the appeal of the bowl craze—that is, colorful and varied meals that are served in a single round vessel. Bowls are a little heartier than salads, but they're still a great vehicle for vegetables, whole grains, legumes, and other nutritious fare. They can be eaten warm or cold, and they're a convenient place to combine the odds and ends of the many culinary creations in your arsenal.

I used to eat a bowl almost every day for lunch. I loved the variety that bowl meals afforded me, and I found it easy to assemble them at home if I'd batch-cooked the components ahead of time.

My internship year didn't dim my love of bowls, but it did force me to come up with options that could be easily packed and transported. In this chapter, you'll find the make-ahead bowls that I often brought with me to work, keeping my midday habit alive.

These bowls run the gamut of hot and cold, spicy and savory, simple and complex. You'll find coziness and comfort in my Chickpea Piccata Bowls (this page) or Cornbread Bowls with Mustardy Slaw (this page). On the other hand, you can prepare my Taco Salad (this page) or Za'atar Roasted Carrot & Tabbouleh Bowls (this page) for refreshing summer lunches.

All the bowls can be enjoyed for either lunch or dinner. If you plan to store, pack, or transport them, I recommend storing the components separately. I have a few divided containers that make it easy to do this, which is why I titled

this chapter “Bowls & Lunch Boxes”—same idea, different serving vessel. You can find my recommendations for storage containers with compartments on this page. You may also wish to invest in a few small, portable, leakproof containers for the bowls’ accompanying dressings and sauces.

You’ll notice that these bowls and lunch boxes call on components that can be found in other chapters of this book. They all feature a protein of some sort, many of which are in the protein chapter (beginning on this page). Likewise, a number of the dressings or sauces that you’ll need in order to make them are located in the chapter beginning on this page.

Couscous & Roasted Vegetable Bowls

MAKES 4 SERVINGS

Couscous, the smallest pasta shape, is a convenient alternative to cooking whole grains from scratch if you're in a rush. Couscous is ready in minutes, and I love its slightly nutty, buttery fragrance and taste. In these bowls, couscous is topped with sweet, roasted summer vegetables and my spiced Harissa Tahini Vinaigrette. I add chickpeas for protein, but cooked lentils or another bean will work equally well.

1 large or 2 small zucchini, quartered lengthwise and cut into 2-inch / 5cm pieces
3 large or 4 small Roma tomatoes, quartered lengthwise
2 large red onions, sliced into ½-inch / 1.3cm half-moons
2 tablespoons olive oil
Kosher salt and freshly ground black pepper
1¼ cups / 300ml low-sodium vegetable broth
1 tablespoon vegan butter
1 cup / 180g couscous or whole-wheat couscous
5 ounces / 140g baby arugula or baby spinach
1½ cups / 240g cooked chickpeas, or one 15-ounce / 425g can, drained and rinsed
¾ cup / 180ml Harissa Tahini Vinaigrette (this page)
Chopped fresh parsley for garnish (optional)

Preheat your oven to 400°F / 200°C and line a baking sheet with parchment paper or aluminum foil. Arrange the zucchini, tomatoes, and red onions on the baking sheet in a single layer. Drizzle the vegetables with the oil and use your hands to toss until they're evenly coated. Sprinkle with salt and pepper. Roast until the tomatoes and onions are tender and browning, about 35 minutes.

When the vegetables are ready, combine the broth, vegan butter, and ½ teaspoon salt in a medium saucepan and bring them to a boil over high heat. Add the couscous, cover the pot, and remove it from the heat. Allow the couscous to sit for 5 minutes. Uncover the pot and fluff the couscous gently with a fork, then re-cover and allow it to cool for 10 minutes.

To serve right away, place the arugula at the bottom of each bowl. Top with a quarter each of the couscous, roasted vegetables, and chickpeas. Drizzle each bowl generously with the vinaigrette and sprinkle with parsley (if using).

To meal prep for the week, store the components in the fridge in separate airtight containers or portion them into individual, divided storage containers to assemble lunch boxes. Freshly made components will keep in the fridge for up to 4 days.

Farro, Beet & Pickled Vegetable Bowls with Creamy Pesto Sauce

MAKES 4 SERVINGS

This simple bowl is perfect for summer, when basil is fresh and crispy pickled vegetables are equally welcome day or night. I love the combination of nutty, earthy farro and sweet beets. If I can, I use a few types of beets for color contrast: yellow and Chioggia are especially pretty. The pesto sauce is a nice surprise: it has the familiar, summery flavor of fresh pesto but with a smooth and creamy consistency.

1 bunch (about 1½ pounds / 680g) red, yellow, or Chioggia beets, trimmed and scrubbed
Olive oil for roasting
1 cup / 180g hulled farro
5 ounces / 140g baby arugula
2 cups / 230g Balsamic Tempeh (this page)
Quick-Pickled Any Vegetables (this page) of choice for topping

CREAMY PESTO SAUCE

¼ cup / 35g raw cashews, soaked in water for at least 2 hours and drained
½ cup / 10g tightly packed fresh basil leaves
½ cup / 120ml water
1½ tablespoons freshly squeezed lemon juice
1 clove garlic, peeled
½ teaspoon fine sea salt

Preheat your oven to 400°F / 200°C and line a baking sheet with parchment paper or aluminum foil.

Rub the beets in olive oil, then wrap each beet tightly in foil. Transfer the wrapped beets to the prepared baking sheet and

roast until completely tender when pierced with a knife, 45 to 60 minutes. Allow to stand at room temperature until cool enough to handle, 15 to 20 minutes. Run the cooled beets under cold running water while you slip off their skins. Chop the beets and set them aside.

While the beets roast, bring a medium pot of water to boil over medium-high heat. Add the farro and turn the heat to medium-low. Boil the farro until tender yet still firm, 25 to 35 minutes. When the farro is ready, drain it with a fine-mesh sieve, return it to the pot, cover, and allow it to steam for a few minutes. The farro can be cooked up to 2 days before assembling your bowls.

To prepare the creamy pesto sauce, blend the cashews, basil, water, lemon juice, garlic, and salt in a high-speed blender until smooth.

To serve right away, place the arugula at the bottom of each bowl. Top with a quarter each of the tempeh, cooked farro, and cooked beets, followed by a heap of pickled vegetables. Drizzle each bowl generously with pesto sauce.

To meal prep for the week, store the components in the fridge in separate airtight containers or portion them into individual divided storage containers to assemble lunch boxes. Freshly made components will keep in the fridge for up to 5 days.

Chickpea Piccata Bowls

MAKES 4 SERVINGS

For more than a decade, my favorite restaurant in New York City was called Candle Café. The restaurant's signature dish was a piccata made with seitan. I can't re-create Candle's perfectly tender cutlet, but that dish did inspire this chickpea piccata, which is cozy and comforting in its own special way.

MASHED POTATOES

2 pounds / 900g russet potatoes, peeled and quartered
Kosher salt
¾ cup / 180ml unsweetened nondairy milk
2 tablespoons vegan butter
Freshly ground black pepper

BROCCOLINI

1 cup / 240ml water
2 bunches broccolini, trimmed

CHICKPEAS

2 tablespoons olive oil
2 shallots, minced
2 tablespoons capers
2 cloves garlic, minced
1 cup / 240ml white wine
2 tablespoons freshly squeezed lemon juice
3 cups / 480g cooked chickpeas, or two 15-ounce / 425g cans, drained and rinsed
1 tablespoon unbleached all-purpose flour
1 cup / 240ml vegan no-chicken broth
¼ cup / 10g chopped fresh parsley
Kosher salt and freshly ground black pepper

To prepare the mashed potatoes, fill a large pot with cold water. Add the potatoes, bring to a boil, and cook until the potatoes can be easily pierced with a knife, 20 to 25 minutes. Drain the potatoes and return them to the pot. Add 1 teaspoon salt, the nondairy milk, and butter. Use a handheld potato masher to mash the potatoes. Season with pepper. Taste and add additional salt and pepper as needed. Set the mashed potatoes aside.

To prepare the broccolini, bring the water to a simmer in a large, deep skillet. Add the broccolini and simmer until the stems are completely tender, 5 to 8 minutes. Drain the broccolini and remove it from the skillet, then wipe down the skillet. Set the broccolini aside.

To prepare the chickpeas, use the same skillet to heat the oil over medium-low heat. Add the shallots, capers, and garlic and cook, stirring constantly, until the shallots are translucent, about 2 minutes. Pour in the wine and simmer until the wine has reduced by about half its volume, about 5 minutes. Stir in the lemon juice and simmer for 1 minute more.

Add the chickpeas to the skillet and sprinkle with the flour. While stirring the chickpeas and flour, pour in the broth. Bring the mixture to a simmer once again, then turn the heat to low. Simmer the chickpeas until the sauce is thickened, 3 to 4 minutes. Stir in the parsley. Taste the chickpeas and season with salt and pepper as needed.

To serve right away, layer a quarter each of the mashed potatoes and broccolini into each bowl. Top with a quarter of the chickpeas and drizzle with the sauce.

To meal prep for the week, store the components in the fridge in separate airtight containers or portion them into individual divided storage containers to assemble lunch boxes. Freshly made components will keep in the fridge for up to 4 days. The chickpeas and mashed potatoes can be frozen for up to 6 weeks.

Taco Salad

MAKES 4 SERVINGS

Who doesn't love a good taco salad? This fresh, filling, colorful meal is one of my favorite uses for my Chickpea Walnut Taco Meat. It's also a protein-packed summer lunch, and the components are easy to make ahead of time. If you'd like to make the salad even more substantial, you can top it with crumbled corn chips or some of my Shiitake Bacon (this page).

1 cup / 180g white or red quinoa
1¾ cups / 415ml water
½ teaspoon kosher salt
6 cups / 175g chopped romaine lettuce (about 1 head)
2½ cups / 385g Chickpea Walnut Taco Meat (this page)
2 cups / 320g grape or cherry tomatoes, halved
2 cups / 260g peeled and chopped cucumber
2 cups / 100g shredded purple cabbage (about ¼ head)
Sliced or chopped avocado slices for garnish (optional)
1 cup / 240ml Sunflower Cilantro Sauce (this page)

Place the quinoa in a fine-mesh sieve and rinse under cold running water for about 30 seconds. Transfer the rinsed quinoa to a medium pot and add the water and salt. Bring to a boil over medium-high heat. Cover the pot, turn the heat to low, and simmer until all the water has been absorbed, about 13 minutes. Remove the quinoa from the heat and allow it to sit for 5 minutes. Uncover the pot and fluff the quinoa gently with a fork.

To serve right away, divide the romaine into each bowl. Top it with a quarter each of the cooked quinoa, taco meat, tomatoes, cucumber, cabbage, and avocado (if using). Drizzle each bowl generously with the sauce.

To meal prep for the week, store the components in the fridge in separate airtight containers or portion them into individual divided storage containers to assemble lunch boxes. Store freshly made components in the fridge for up to 4 days.

Peanut Tempeh Bowls with Coconut Rice

MAKES 4 SERVINGS

I love the mixture of heat and coolness in these bowls, which are inspired by Southeast Asian satay. The components of the bowl—spicy, peanutty grilled tempeh, coconut rice, and simple cucumber salad—are harmonious together. But each is also a standout on its own, so I sometimes prepare them independently of each other. Be sure to put aside some time for marinating the tempeh before you grill it: I usually let it marinate in the fridge overnight, but 2 to 4 hours is also fine.

TEMPEH

One 8-ounce / 225g block tempeh
¼ cup / 65g peanut butter
2 teaspoons maple syrup
2 tablespoons tamari
2 tablespoons freshly squeezed lime juice
1 to 3 teaspoons chili garlic sauce
1 tablespoon unsweetened rice vinegar
6 tablespoons / 90ml hot water
Refined avocado oil for grilling

COCONUT RICE

1 cup / 200g long-grain white rice, soaked in cold water for at least 1 hour, drained, and rinsed
1¼ cups / 300ml water
½ cup / 120ml full-fat coconut milk
1 teaspoon cane sugar
½ teaspoon kosher salt
1 tablespoon freshly squeezed lime juice

CUCUMBER SALAD

1 large or 2 small English cucumbers, peeled and thinly sliced crosswise
2 Thai red or 1 large Fresno chile, seeded and very thinly sliced
½ cup / 20g chopped cilantro
3 tablespoons unseasoned rice vinegar
1 tablespoon cane sugar
¾ teaspoon kosher salt
½ teaspoon toasted sesame oil
¼ cup / 30g chopped salted roasted peanuts

To prepare the tempeh, fill a large pot with a few inches of water and fit it with a steamer basket. Bring the water to a boil, then turn the heat to low. Cut the block of tempeh crosswise into ½-inch / 1.3cm slices (you should get eighteen to twenty slices). Place the tempeh in your steamer basket, cover the pot, and steam for 15 minutes.

While the tempeh steams, whisk together the peanut butter, maple syrup, tamari, lime juice, 1 teaspoon of the chili garlic sauce (add more to adjust to your preferred level of heat), and the rice vinegar until a thick sauce forms. Pour in the hot water and whisk together until the sauce is smooth.

Place the tempeh slices in an airtight storage container. Pour the peanut butter marinade over the tempeh, then cover with a tight lid and shake the container to evenly coat the tempeh with the marinade. Allow the tempeh to marinate in the fridge for 2 to 4 hours, or overnight.

To prepare the coconut rice, combine the soaked rice, water, coconut milk, sugar, and salt in a medium saucepan and bring to a vigorous simmer over high heat. Turn the heat to low, cover, and simmer until the liquid is absorbed, about 10 minutes. Remove the rice from the heat. Allow it to steam, covered, for 10 minutes.

Uncover the pot, add the lime juice, and fluff the rice gently with a fork.

To prepare the cucumber salad, place the cucumbers, chiles, and cilantro into a medium-large mixing bowl.

In another small mixing bowl, whisk together the vinegar, sugar, salt, and sesame oil until the sugar and salt dissolve. Pour the dressing over the cucumbers and toss the salad until evenly coated. Hold off on adding the peanuts until just before serving.

To cook the tempeh, lightly coat a grill pan or nonstick frying pan with the oil and heat over medium-high heat. Remove the tempeh slices from the marinade, reserving extra marinade for drizzling onto the bowls if desired. Grill the tempeh slices for about 3 minutes per side, until each slice has nice, brown grill marks.

To serve right away, divide the rice, tempeh, and cucumber salad among four bowls. Drizzle with the reserved peanut sauce, if desired, and sprinkle a tablespoon of chopped peanuts over the cucumbers in each bowl.

To meal prep for the week, store the components in the fridge in separate airtight containers or portion them into individual divided storage containers to assemble lunch boxes. Store the tempeh and coconut rice in the fridge for up to 4 days or in the freezer for up to 6 weeks. Store the cucumber salad for up to 3 days in the fridge.

Cajun Red Bean Bowls

MAKES 4 SERVINGS

The plant-protein fanatic in me can't help but rejoice in these bowls, which feature not only legumes (in the form of Cajun-Spiced Red Beans) but also seitan—two stellar sources of vegan protein. Louisiana-style red beans are usually served with white rice, but I personally love how the nuttiness of brown rice mingles with the smoky, earthy flavors of this dish.

1 cup / 200g long-grain brown rice

4 Savory Seitan Sausages (this page; the plain or chipotle variation) or 4 store-bought vegan sausages of choice

2 to 3 teaspoons refined avocado oil

4 cups / 650g Smoky Collard Greens (this page)

4 cups / 930g Cajun-Spiced Red Beans (this page)

Place the rice in a fine-mesh sieve and rinse under cold running water for about 30 seconds. Bring a large pot of water to a boil. Add the rice and boil (like pasta) until tender, 35 to 40 minutes, then remove the rice from the heat. Drain the rice and return it to the pot. Cover and allow it to steam for 5 minutes. Uncover the pot and fluff the rice gently with a fork. Re-cover and set aside.

Slice the sausages crosswise into ½-inch / 1.3-cm slices. Heat 1 teaspoon of the oil in a large nonstick frying pan over medium-high heat. Add the sausage slices to the pan in a single layer and brown them for 2 to 3 minutes per side. Repeat this process in batches, adding more oil as needed, until all the sausages are cooked.

To serve right away, divide the rice into four bowls. Warm the greens and beans according to recipe instructions and add them to the bowls. Pile the sliced sausages on top and enjoy.

To meal prep for the week, store the components in the fridge in separate airtight containers or portion them into individual divided storage containers to assemble lunch boxes. Freshly made components will keep in the fridge for up to 4 days.

Tangy Cashew Lime Noodle Bowls

MAKES 4 SERVINGS

Think of these creamy noodles as a sweeter, tangier alternative to peanut noodles. You'll start by blending raw cashews with plenty—a whole ⅓ cup / 80ml!—of freshly squeezed lime juice. The creamy sauce that results is added to cooked udon noodles, which will verge on tasting sour right after you mix them with the sauce. Don't worry: the lime flavor mellows quickly. A crispy, refreshing vegetable slaw is the perfect counterpoint to the creamy noodles.

CASHEW LIME SAUCE

½ cup / 70g whole or chopped raw cashews, soaked in water for at least 2 hours and drained

Scant ⅓ cup / 80ml freshly squeezed lime juice

2 teaspoons tamari or soy sauce

1 teaspoon agave nectar

1 teaspoon peeled minced or grated fresh ginger

1 clove garlic, peeled

¼ cup / 60ml water

SESAME SLAW

2 cups / 200g peeled grated carrots

2 cups / 100g shredded purple cabbage

1½ cups / 80g tightly packed, very thinly sliced collard greens

1 tablespoon plus 1 teaspoon refined avocado oil

1 tablespoon plus 1 teaspoon unseasoned rice vinegar

1 teaspoon toasted sesame oil

½ teaspoon agave nectar

½ teaspoon fine sea salt

1 tablespoon sesame seeds, toasted or untoasted

BOWLS

1 cup / 150g frozen shelled edamame
8 ounces / 225g dried udon noodles
½ cup / 70g salted roasted cashews, coarsely chopped

To prepare the sauce, place the cashews, lime juice, tamari, agave nectar, ginger, and garlic in a high-speed blender. Add the water and process until smooth.

To prepare the slaw, toss together the carrots, cabbage, collard greens, avocado oil, vinegar, sesame oil, agave nectar, salt, and sesame seeds in a mixing bowl. Taste and add additional salt as needed. Set the slaw aside.

To prepare the bowls, fill a large pot with a few inches of water and fit it with a steamer basket. Bring the water to a boil over medium-high heat. Turn the heat to low. Place the edamame in your steamer basket, cover the pot, and steam until tender, about 5 minutes. Alternatively, microwave the edamame according to package instructions. Set the edamame aside.

Remove the steamer attachment and fill the pot with additional water. Bring the water to a boil over high heat. Add the noodles to the water and cook according to the package instructions. Drain the noodles, return them to the pot, add the cashew lime sauce, and toss gently yet thoroughly.

To serve right away, divide the creamy noodles and the sesame slaw into four bowls. Top each with a quarter of the cooked edamame and a sprinkle of chopped cashews.

To meal prep for the week, store the components in the fridge in separate airtight containers or portion them into individual divided

storage containers to assemble lunch boxes. Freshly made components will keep for up to 4 days in the fridge.

Cornbread Bowls with Mustardy Slaw

MAKES 4 SERVINGS

A thick, fluffy square of cornbread can transform almost any mixture of ingredients into a plate of comfort food. In the case of these bowls, cornbread is joined by sweet, tangy Barbecue White Beans and a vinegary, mustardy slaw. The bowls look simple, and they are, but they also have a balance of varied flavors and textures. In place of the white beans, I sometimes make the bowls with my Smoky, Spicy Lentils.

MUSTARDY SLAW

½ head green cabbage, shredded (about 5 cups / 250g)
1 large peeled carrot, shredded (about ¾ cup / 75g)
2 tablespoons refined avocado oil
2 tablespoons apple cider vinegar
1 tablespoon Dijon mustard
2 teaspoons mustard seeds
1 teaspoon kosher salt
Freshly ground black pepper

BOWLS

3¼ cups / 710g Barbecue White Beans (this page) or 3 cups / 660g Smoky, Spicy Lentils (this page)
4 generous slices of Skillet Maple Cornbread (this page)

To prepare the slaw, toss together the cabbage, carrot, oil, vinegar, mustard, mustard seeds, salt, and pepper to taste in a large mixing bowl until evenly mixed. Allow the slaw to sit for at least 15 minutes.

To prepare the bowls right away, divide the warm beans, cornbread, and slaw among four bowls.

To meal prep for the week, store the components in the fridge in separate airtight containers or portion them into individual divided storage containers to assemble lunch boxes. Freshly made components will keep for up to 4 days in the fridge.

Turmeric Roasted Cauliflower & Brown Basmati Bowls

MAKES 4 SERVINGS

These varied, colorful bowls are my favorite way to enjoy a batch of my Turmeric Roasted Cauliflower. I serve them cool, and in the summer months they're very filling without being heavy. The Sunflower Cilantro Sauce can be substituted with Tangy Cashew Cream (this page), which is reminiscent of yogurt, and the pickled onions could be pickled green beans, radishes, or another vegetable you love.

1 cup / 180g brown basmati or long-grain brown rice
8 ounces / 225g snow peas, halved
1 cup / 130g fresh or frozen and thawed green peas
½ cup / 20g chopped fresh cilantro
¼ cup / 10g toasted or plain coconut flakes
1½ tablespoons refined avocado oil
1½ tablespoons unseasoned rice vinegar
1 teaspoon maple syrup or agave nectar
½ teaspoon fine sea salt
Pinch of crushed red pepper flakes (optional)
1½ cups / 240g cooked chickpeas, or one 15-ounce / 425g can, drained and rinsed
3 to 4 cups / 300 to 400g Turmeric Roasted Cauliflower (this page)
1 cup / 240ml Sunflower Cilantro Sauce (this page)
1 cup / 240ml Quick-Pickled Any Vegetable red onions (this page)

Place the rice in a fine-mesh sieve and rinse under cold running water for about 15 seconds. Bring a large pot of water to a boil. Add the rice and boil (like pasta) until tender, 35 to 40 minutes, then remove the rice from the heat. Drain the rice and return it to

the pot. Cover and allow it to steam for 5 minutes. Uncover the pot and fluff the rice gently with a fork. Re-cover and set aside.

Bring a pot of salted water to boil. Add the snow peas and cook for 1 minute, then add the green peas and cook for another minute. Place the vegetables in a colander and rinse under cold running water (alternately, you can put the vegetables in a bowl of ice water for a couple of minutes). Drain well.

Transfer the cooked rice, blanched vegetables, cilantro, and coconut flakes to a mixing bowl. Add the oil, rice vinegar, maple syrup, and salt and toss together until evenly mixed. Taste and add the red pepper flakes (if using) and additional salt as needed.

To serve right away, divide the basmati rice salad, chickpeas, and cauliflower among four bowls. Top each bowl with a generous drizzle of sauce and a little heap of pickled onions.

To meal prep for the week, store the components in the fridge in separate airtight containers or portion them into individual divided storage containers to assemble lunch boxes. Freshly made components will keep for up to 3 days in the fridge.

Za’atar Roasted Carrot & Tabbouleh Bowls

MAKES 4 SERVINGS

I've always loved tabbouleh, and these zesty, vibrant bowls have become my favorite way to transform it into a complete meal. The bowls feature a simple tabbouleh, along with salty tofu feta and tender, roasted carrots. The carrots are seasoned with za'atar spice, which is a mix of sesame seeds, sumac, oregano, and thyme. It's a wonderful condiment to add to dips, whole grains, avocado toast, popcorn, and any roasted vegetable.

ROASTED CARROTS

2 pounds / 900g carrots, scrubbed and trimmed
2 tablespoons refined avocado oil
1 tablespoon za'atar spice blend
Zest of 1 lemon
¼ teaspoon kosher salt
Pinch of freshly ground black pepper

TABBOULEH

½ cup / 80g bulgur wheat
1 cup / 240ml water
2 cups / 80g finely chopped fresh parsley
¼ cup / 10g finely chopped fresh mint
1 bunch green onions, white and green parts, thinly sliced crosswise
2 vine-ripened tomatoes, seeded and diced
½ English cucumber, peeled, seeded, and diced
¾ teaspoon fine sea salt
3 tablespoons olive oil
2 tablespoons freshly squeezed lemon juice

BOWLS

2⅓ cups / 435g Tofu Feta (this page)

Whole-wheat pita wedges for serving (optional)

Preheat your oven to 425°F / 220°C and line a rimmed baking sheet with parchment paper or aluminum foil.

To prepare the roasted carrots, cut each carrot in half crosswise. Cut the top half of each carrot in half lengthwise. Slice all the carrots on the diagonal into 2-inch / 5cm pieces. In a large mixing bowl, toss the carrots with the avocado oil, za'atar spice, lemon zest, salt, and pepper. Arrange the carrots on the prepared baking sheet. Roast the carrots, stirring once halfway through cooking, until tender and light brown, 30 to 40 minutes.

While the carrots roast, prepare the tabbouleh. Combine the bulgur and water in a small saucepan. Bring to a boil over medium-high heat. Cover the pot, turn the heat to low, and simmer until all the water has been absorbed, 12 to 15 minutes. Remove the bulgur from the heat, uncover the pot, and fluff gently with a fork. Allow the bulgur to rest for 5 minutes before using.

In a large mixing bowl, toss together the cooked bulgur, the parsley, mint, green onions, tomatoes, cucumber, salt, olive oil, and lemon juice. Taste and add additional salt as needed.

To prepare the bowls right away, divide the roasted carrots, tabbouleh, and tofu feta among four bowls. Add a few pita wedges (if desired).

To meal prep for the week, store the components in the fridge in separate airtight containers or portion them into individual divided storage containers to assemble lunch boxes. Freshly made components will keep in the fridge for up to 4 days.

Romesco Rice Bowls with Roasted Broccoli

MAKES 4 SERVINGS

The romesco rice in this recipe is simply cooked rice mixed with romesco sauce. It's an almost-instant side dish that is distantly related to Spanish rice, but it has an irresistible tanginess from the roasted peppers and vinegar that's entirely its own. I combine the rice with my go-to roasted broccoli and Savory Seitan Sausages to create a simple, filling meal. Be sure to make the sausages ahead of time, because they'll need to chill overnight before preparation. When time is short, you can substitute store-bought vegan sausages instead.

1 cup / 200g long-grain brown rice
1¼ cups / 300ml Romesco Sauce (this page)
Splash of sherry vinegar
Kosher salt and freshly ground black pepper
4 Savory Seitan Sausages (this page) or store-bought vegan sausages of choice
3¼ cups / 210g From-Frozen Roasted Broccoli (this page)

Place the rice in a fine-mesh sieve and rinse under cold running water for about 15 seconds. Bring a large pot of water to a boil. Add the rice and boil (like pasta) until tender, 35 to 40 minutes, then remove the rice from the heat. Drain the rice and return it to the pot. Cover and allow it to steam for 5 minutes. Uncover the pot and fluff the rice gently with a fork. Add ¾ cup / 180ml of the romesco sauce to the warm rice. Stir together until well combined. Taste the rice and add a little extra romesco sauce (if you like), the sherry vinegar, a pinch of salt, and a pinch of pepper.

While the rice boils, lightly coat a grill pan or frying pan with avocado oil and warm over medium-high heat. Grill the sausages for 4 minutes per side, until they have nice, brown grill marks and are very hot. Remove the sausages from the grill pan and slice them crosswise into ½-inch / 1.3cm pieces.

To serve right away, divide the rice among four bowls. Add a quarter of the sliced sausages to each bowl, followed by a quarter of the roasted broccoli. Top each portion with an extra tablespoon or two of romesco sauce.

To meal prep for the week, store the components in the fridge in separate airtight containers or portion them into individual divided storage containers to assemble lunch boxes. Freshly made components will keep in the fridge for up to 4 days.

STOVETOP MEALS

The one-pot meals found in this chapter are each created with the goal of providing as much satisfaction with as little multitasking as possible.

For any busy home cook, the ability to create a meal without dirtying three or more pots and pans is a huge boon. Not all of these meals are strictly one-pot affairs, but many of them are, including my One-Pot Pasta with Olives & Capers (this page), Tempeh Chili (this page), Mixed-Potato Quinoa Stew (this page), and Pasta e Ceci (this page).

A single pot, boosted by another cooking vessel or appliance, will lead you to a hot skillet full of Vegan Fried Rice (this page) or a bright green, lemony batch of Broccoli Tahini Pesto Pasta (this page). If you've already taken the time to prepare some of my Basic Soy Curls (this page), then a sweet, salty plate of Pepper Steak Soy Curls (this page) is within reach.

Some of these recipes are a useful way to repurpose and stretch leftover food. Whenever I have bread that's about to be stale, I'll use it up in Pappa al Pomodoro (this page). Brown rice that's more than a few days old goes into the Vegan Fried Rice. The last few pieces of Sunday Focaccia (this page) are perfect for soaking up the broth of my White Bean Fennel Soup (this page).

I've done my best to squeeze plant protein and vegetables into each of these meals so that they're as nutrient-dense as they are tasty. Each one of them, however, can be made even more filling and nutritious with a salad, a heap of From-Frozen Roasted Broccoli (this page), or a scoop of

Garlicky Braised Kale (this page). Add to them, embellish them, and turn them into the feasts you want them to be!

Pepper Steak Soy Curls

MAKES 4 SERVINGS

This recipe transforms Basic Soy Curls into a sweet, salty, sticky dish that can be on the table quickly—especially if the soy curls are already made (you'll need a double batch). The Pepper Steak Soy Curls only become more flavorful as they're stored, so they're an especially good meal prep option. I like serving this dish over either cooked rice or cooked noodles—rice when I want to soak up every drop of sauce, noodles when I'm in a rush.

1½ tablespoons refined avocado oil
1 large white or yellow onion, thinly sliced
1 green bell pepper, thinly sliced
1 red bell pepper, thinly sliced
3 tablespoons vegetable broth
1 tablespoon cornstarch
3 tablespoons tamari or soy sauce, plus more as needed
1 tablespoon unseasoned rice vinegar
1 tablespoon brown sugar
2 teaspoons minced or grated peeled fresh ginger
2 cloves garlic, minced
5½ cups / 700g Basic Soy Curls (this page; see Note)
Crushed red pepper flakes for sprinkling (optional)
Cooked white or brown rice or cooked udon or soba noodles for serving

Note: This is a double batch of the Basic Soy Curls (this page).

Heat the oil in a large, deep skillet over medium heat. Add the onion and bell peppers and cook, stirring often, until the bell peppers are tender, about 8 minutes.

While the vegetables cook, in a small bowl, whisk together the broth and cornstarch, followed by the tamari, vinegar, and brown sugar.

When the bell peppers are tender, add the ginger and garlic to your skillet. Cook, stirring constantly, until fragrant, about 1 minute. Add the soy curls, stir to incorporate, and turn the heat to low. Finally, pour the sauce over the ingredients in the skillet. Stir and cook everything together until the sauce is thickened and the soy curls are well glazed, 1 to 2 minutes. Sprinkle with crushed red pepper (if using) and an extra drizzle of tamari, if you like.

To serve right away, divide the soy curls and rice or noodles among four plates.

To meal prep for the week, transfer the soy curls and rice or noodles to separate airtight containers or portion them into individual containers. Store in the fridge for up to 4 days or in the freezer for up to 6 weeks.

Pasta e Ceci

MAKES 4 SERVINGS

Pasta e ceci (Italian for "pasta and chickpeas") is the kind of pantry meal I could eat every night, a dish that's so much greater than the sum of its parts. The texture is meant to be something in between stew and pasta, and it will vary a little depending on whether you use fresh or canned tomatoes. I've seen versions of this dish so minimal that only a few tablespoons of tomato paste are used, but I like using whole tomatoes to give the recipe extra body. Be sure to finish it with plenty of nutritional yeast or vegan Parmesan and an extra turn of black pepper, if you like.

2 tablespoons olive oil

3 cloves garlic, minced

3 tablespoons tomato paste

2 to 3 teaspoons brown sugar (optional; see Note)

One 14½-ounce / 415g can whole peeled tomatoes, with their juices, or 3 fresh, large plum tomatoes, chopped

2 cups / 480ml low-sodium vegetable broth

1½ cups / 240g cooked chickpeas or one 15-ounce / 425g can, drained and rinsed

1 cup / 130g ditalini pasta or another short pasta

1 tablespoon chopped fresh rosemary or 1 teaspoon dried rosemary

1 teaspoon kosher salt

Freshly ground black pepper

Nutritional yeast or grated vegan Parmesan-style cheese for topping

Note: For this recipe and others that call for fresh or canned tomatoes, I like to use a small amount of sugar to offset the acidity of the tomatoes. This is a personal preference, and you can choose to omit the sugar. You can also adjust the amount you add—2 or 3 teaspoons—according to your taste.

Heat the oil in a large, heavy pot over medium heat. When the oil is shimmering, add the garlic and cook, stirring often, until the garlic is fragrant and just lightly browning, 1 to 2 minutes. Add the tomato paste and sugar (if using) and cook, stirring constantly, for 1 minute.

If using canned tomatoes, add them to the pot and use the back of a spoon or a potato masher to crush them (they'll spatter, so wear an apron for this step). If using fresh tomatoes, just add them to the pot. Add the broth, chickpeas, pasta, rosemary, salt, and a few turns of pepper.

Bring the whole mixture to a simmer, then turn the heat to low, cover, and simmer for 10 minutes. Uncover the pot, stir, and continue to simmer, stirring occasionally, until the pasta is cooked and the tomatoes have reduced and thickened into a sauce, 5 to 10 minutes. Taste and add additional salt and pepper as needed.

To serve right away, divide among four bowls and sprinkle with nutritional yeast.

To meal prep for the week, transfer the pasta e ceci to a single airtight container or portion it into individual containers. Store in the fridge for up to 5 days or in the freezer for up to 6 weeks.

White Bean Fennel Soup

MAKES 6 SERVINGS

One of my favorite things to do with a batch of Sunday Focaccia is to dunk it into this simple Mediterranean-inspired soup. It features a combination of fennel and dill, which evokes the food I grew up with in a Greek American home. The best thing about the soup is that it's quick to make (it'll only need 20 minutes to simmer), and like most soups, it tastes even better after a day or two.

2 tablespoons olive oil
1 pound / 450g thinly sliced fennel bulbs (from about 2 large bulbs)
1 large yellow onion, chopped
3 cloves garlic, minced
4 cups / 950ml vegetable broth
3 cups / 480g cooked cannellini beans, or two 15-ounce / 425g cans, drained and rinsed
One 14½-ounce / 415g can petite diced or crushed tomatoes, with their juices
2 cups / 280ml water
1 teaspoon kosher salt
1 bunch Lacinato kale, stemmed and sliced into ribbons
½ cup / 20g chopped fresh dill
2 tablespoons freshly squeezed lemon juice
Freshly ground black pepper
Sunday Focaccia (this page; optional) for serving

Heat the oil over medium heat in a large, heavy pot. Add the fennel and onion and cook, stirring often, until the fennel softens and the onion is translucent, about 8 minutes. Add the garlic and cook, stirring often, until fragrant, about 1 minute.

Add the broth, beans, tomatoes, water, and salt to the pot, followed by the kale. Bring to a boil, then turn the heat to low, cover, and simmer until the kale is tender, about 15 minutes. Stir in the dill and lemon juice and simmer, uncovered, until the flavors meld, about 5 minutes more. Taste and season with additional salt and freshly ground pepper.

To serve right away, portion into bowls and serve with a square of Sunday Focaccia, if desired.

To meal prep for the week, transfer the soup to a single airtight container or portion it into individual containers. Store in the fridge for up to 6 days or in the freezer for up to 6 weeks.

Seitan Goulash

MAKES 4 TO 6 SERVINGS

Goulash ticks all of the comfort food boxes: it's a one-pot meal with something meaty, plenty of potatoes, a couple of tablespoons of vegan butter, and a rich, savory base that's infused with lots (two whole tablespoons!) of paprika. In this case, the "something meaty" is seitan, which makes the recipe especially rich in protein. In this recipe, I usually use store-bought seitan pieces, which are available at most major grocers, for convenience. To make the goulash even richer, you can try adding a scoop of Tangy Cashew Cream or vegan sour cream at the end of cooking.

2 tablespoons vegan butter
8 ounces / 225g seitan strips or chunks
1 large white or yellow onion, chopped
2 large or 3 small carrots, peeled and chopped
4 cloves garlic, minced
2 tablespoons sweet or Hungarian paprika
2 tablespoons unbleached all-purpose flour or gluten-free all-purpose flour
4 cups / 950ml vegan no-chicken broth, no-beef broth, or vegetable broth
1½ pounds / 680g Yukon gold potatoes, peeled and cut into 1-inch / 2.5cm pieces
Kosher salt
½ cup / 20g chopped fresh Italian parsley
Freshly ground black pepper
1 cup / 240ml Tangy Cashew Cream (this page) or 1 cup / 225g vegan sour cream (optional)

Melt 1 tablespoon of the butter in a large, heavy pot over medium-high heat. Add the seitan pieces and cook, stirring and flipping the pieces as they cook, until lightly browned all over, about 5 minutes. Remove the seitan pieces from the pot and set aside.

Melt the remaining 1 tablespoon of butter in the pot over medium-high heat. When the butter melts, add the onion and carrots and cook, stirring often, until the onion is translucent and the carrots are soft, 5 to 6 minutes. Add the garlic and paprika and cook, stirring constantly, until the garlic is fragrant, about 1 minute more.

Sprinkle the flour over the onion and carrots. Pour 1 cup / 240ml of the broth into the pot, stirring constantly. Allow the mixture to simmer, uncovered, until it thickens, about 2 minutes. Pour in the remaining 3 cups / 720ml broth, along with the reserved seitan, the potatoes, and ½ teaspoon salt.

Bring the goulash to a boil, then turn the heat to low, cover, and simmer until the potatoes are tender, about 15 minutes. Uncover the pot, stir in the parsley, and simmer, uncovered, until the goulash thickens slightly, about 5 minutes more. Taste and season with pepper and add additional salt if needed. If you like, stir in the optional cashew cream, or serve each portion of the goulash with a couple of tablespoons of cashew cream on top.

Serve right away or meal prep for the week by transferring the goulash to a single airtight container or portioning it into individual containers. Store in the fridge for up to 5 days or in the freezer for up to 6 weeks.

Tempeh Chili

MAKES 6 SERVINGS

Most vegan chilis are bean-based, and while I've made and enjoyed a lot of them, I often find myself craving something that's, well, meatier. Tempeh does the trick, adding a meaty texture and earthy, umami flavor to a pot of chili that doesn't skimp on beans, either. I like to serve this over a baked potato or rice, always with a few tablespoons of my beloved cashew cream.

2 tablespoons plus 2 teaspoons refined avocado oil
8 ounces / 225g tempeh, finely crumbled
¼ cup / 60ml vegetable broth or water
1 tablespoon tamari, Bragg Liquid Aminos, or soy sauce
2 yellow onions, chopped
1 red bell pepper, chopped
1 green bell pepper, chopped
1 jalapeño chile, seeded and diced
2 teaspoons chili powder
1 teaspoon ground cumin
1 teaspoon smoked paprika
Generous dash of crushed red pepper flakes, plus more as needed
One 28-ounce / 800g can crushed tomatoes
One 14½-ounce / 415g can tomato sauce
1½ cups / 240g cooked kidney beans, or one 15-ounce / 425g can, drained and rinsed
1½ cups / 240g cooked pinto beans, or one 15-ounce / 425g can, drained and rinsed
1 tablespoon brown sugar
Kosher salt
¾ cup / 180ml Tangy Cashew Cream (this page)

Heat 2 teaspoons of the oil in a large, heavy pot over medium-high heat. Add the tempeh and cook, stirring often, until the tempeh is

starting to brown, about 2 minutes. Add the broth and tamari and cook, stirring frequently, until the liquid has been absorbed completely and the tempeh is just starting to get a little crispy, 3 to 4 minutes. Transfer the tempeh to a plate or bowl and set aside.

In the same pot, heat the remaining 2 tablespoons of oil over medium-high heat. Add the onions, red bell pepper, green bell pepper, and jalapeño and cook, stirring often, until the onion is tender and translucent, 6 to 7 minutes. Add the chili powder, cumin, paprika, and red pepper flakes and cook, stirring constantly, until the spices are fragrant, about 1 minute more.

Add the crushed tomatoes, tomato sauce, kidney beans, pinto beans, sugar, ½ teaspoon salt, and the reserved tempeh to the pot. Bring the mixture to a simmer, then turn the heat to low and simmer, uncovered, for 15 minutes. Taste and add additional salt and red pepper flakes as needed.

Serve right away, with a couple of tablespoons of cashew cream on top of each portion, or meal prep for the week by transferring the chili to a single airtight container or portioning it into individual containers. Store in the fridge for up to 5 days or in the freezer for up to 8 weeks.

Fakes

MAKES 8 SERVINGS

I'm half Greek, but I didn't grow up with fakes (pronounced fah-khes), a rustic and simple Greek lentil soup. Instead, I've discovered the dish in adulthood, storing it in my freezer nearly constantly and relying on it for quick, nourishing meals when I'm too lazy to cook. I love this soup for its simplicity, and 2 teaspoons of oregano are usually my only seasoning besides salt and pepper. The soup is especially good with a drizzle of olive oil, syrupy balsamic vinegar, or some of each. I like to keep it on the thicker side so that it's equally good for serving in bowls or for spooning on top of focaccia or toast.

2 tablespoons olive oil, plus extra for drizzling
1 large yellow onion, chopped
3 carrots, peeled and chopped
3 celery stalks, trimmed and chopped
4 cloves garlic, minced
1¾ cups / 350g dried brown or green lentils
One 14½-ounce / 415g can crushed tomatoes
4 cups / 950ml vegetable broth
2 to 3 cups / 480 to 720ml water
2 teaspoons dried oregano
1 teaspoon kosher salt
¼ teaspoon freshly ground black pepper
½ cup / 120ml syrupy balsamic vinegar

Heat the olive oil in a large pot over medium-high heat. When the oil is shimmering, add the onion, carrots, and celery and cook, stirring occasionally, until the onion is clear, about 5 minutes. Add

the garlic and cook, stirring frequently, until the garlic is very fragrant and the carrots are tender, about 2 minutes.

Add the lentils and tomatoes to the pot, then pour in the broth and 2 cups / 480ml of the water. Bring to a boil, then turn the heat to low, cover, and simmer until the lentils are soft, 25 to 35 minutes. Stir in the oregano, salt, and pepper. Re-cover the pot and simmer 5 minutes more. If the soup is too thick for your liking, add up to an additional 1 cup / 240ml water. Taste and add additional salt or pepper as needed.

Serve right away with an additional drizzle of olive oil and 2 to 3 teaspoons (to taste) of syrupy balsamic vinegar, or meal prep for the week by transferring the soup to a single airtight container or portioning it into individual containers. Store in the fridge for up to 5 days or in the freezer for up to 8 weeks.

Mixed-Potato Quinoa Stew

MAKES 6 SERVINGS

When I was completing my dietetics training, one of my peers shared a potato and quinoa stew recipe that had been inspired by her travels in South America. I loved the fact that it included a few different colors of potato, not to mention its smoky flavor and touch of heat. This is my attempt to re-create it. There isn't a lot of quinoa here, but the small amount present adds texture and thickens the broth. My favorite way to make this stew is with a combination of potatoes, usually some mix of Yukon gold potatoes, new potatoes, and sweet potatoes. Purple fingerlings or sweet potatoes will work in the recipe, but they'll turn the entire stew a swampy color—let the cook beware!

2 tablespoons refined avocado oil

1 large red onion, chopped

1 orange or yellow bell pepper, chopped

1 red bell pepper, chopped

2 yellow chiles (ají amarillo), 1 habanero chile, or 2 jalapeño chiles, seeded and chopped

2 cloves garlic, minced

1 teaspoon ground cumin

1 teaspoon smoked paprika

½ teaspoon ground turmeric

½ cup / 90g quinoa, any color

2 pounds / 900g assorted potatoes (see Note), scrubbed and cut into 1-inch / 2.5cm cubes

6 cups / 1.4L vegetable broth

1 teaspoon kosher salt

1 small bunch collard greens or other leafy green of choice, stemmed and chopped

Small pinch of crushed red pepper flakes, plus more as needed (optional)

Note: This recipe is delicious with any mixture of sweet and regular potatoes. I recommend any combination of Yukon gold potatoes, new potatoes, garnet sweet potatoes, and Hannah sweet potatoes.

Heat the oil in a large, heavy pot over medium heat. Add the onion, orange bell pepper, red bell pepper, and chiles and cook, stirring frequently, until the onion is translucent and the peppers soften, 5 to 7 minutes. Stir in the garlic and cook, stirring constantly, until the garlic is fragrant, about 1 minute. Add the cumin, paprika, and turmeric and stir until the spices become aromatic, 1 minute more.

Place the quinoa in a fine-mesh sieve and rinse under cold running water for about 30 seconds. Add the quinoa and potatoes to the pot, followed by the broth and salt. Bring to a boil, then turn the heat to low, cover, and simmer until all of the potatoes are very tender and the quinoa has thickened the soup, about 20 minutes. Add the collards to the pot, stirring to combine, then re-cover and simmer until the collards are tender, about 10 minutes more. Taste and add the red pepper flakes (if desired) and additional salt as needed.

Serve right away or meal prep for the week by transferring the stew to a single airtight container or portioning it into individual containers. Store in the fridge for up to 5 days or in the freezer for up to 6 weeks.

Vegan Fried Rice

MAKES 4 TO 6 SERVINGS

My Simple Eggy Scramble is the first homemade vegan protein I've prepared that clings to grains of cooked rice like the egg in traditional fried rice. This fried rice is buttery and eggy tasting in spite of its plant-based ingredients. To speed up the process of making it, I usually prepare the scramble and the rice ahead of time. Using frozen vegetables cuts down on the slow, messy process of peeling and dicing carrots or breaking down a crown of broccoli into florets.

1 cup / 200g short-grain brown rice, or 3 cups / 375g cooked brown or white rice

1 tablespoon vegan butter

1 bunch green onions, white and light green parts, chopped

2 heaping cups / 200 to 280g fresh or thawed frozen vegetables (such as green peas, diced carrots, and/or diced broccoli florets)

1 clove garlic, minced

2 cups / 390g Simple Eggy Scramble (this page)

2½ tablespoons tamari

2 teaspoons toasted sesame oil

Place the rice in a fine-mesh sieve and rinse under cold running water for about 30 seconds. Bring a large pot of water to boil. Add the rice and boil (like pasta) until tender, 40 to 45 minutes, then remove the rice from the heat. Drain the rice and return it to the pot. Cover and allow it to steam for 10 minutes. Uncover the pot and fluff the rice gently with a fork. Re-cover and set aside.

Melt the butter in a large, deep nonstick skillet or wok over medium-high heat. Add the green onions and cook for 3 minutes,

stirring often, until tender. Add the vegetables and garlic and cook, stirring frequently, until the vegetables are warm and tender, 5 to 7 minutes if using fresh vegetables or 2 to 3 minutes if using defrosted.

Add the cooked rice, Simple Eggy Scramble, tamari, and sesame oil to the skillet and cook, stirring constantly, until all of the ingredients are well combined and warmed through, 3 to 4 minutes.

Serve right away or meal prep for the week by transferring the fried rice to a single airtight container or portioning it into individual containers. Store in the fridge for up to 4 days or in the freezer for up to 4 weeks.

One-Pot Pasta with Olives & Capers

MAKES 4 TO 6 SERVINGS

I make this dish when I want comfort food with only a single cooking step: dumping ingredients into a pot. The cooking water for the pasta reduces and turns into a sauce. Meanwhile, capers and olives add saltiness in a way that's reminiscent of pasta puttanesca. The pasta is meant to be prepared with linguine or fettuccine, which ought to cook in about 15 minutes, but it can be adapted to accommodate another pasta shape—just keep an eye on the pasta as it cooks and test it for doneness as you go.

12 ounces / 340g linguine or fettuccine
1 small bunch leafy greens (such as Lacinato kale), stemmed and chopped
One 28-ounce / 800g can crushed tomatoes
1 cup / 160g cooked or drained and rinsed canned beans (any variety)
⅓ cup / 50g pitted and halved black olives
2 tablespoons capers
1 shallot, thinly sliced
3 cloves garlic, minced
2 tablespoons olive oil
3½ to 4 cups / 830 to 950ml water
¾ teaspoon kosher salt
Freshly ground black pepper

Combine the linguine, greens, tomatoes, beans, olives, capers, shallot, garlic, olive oil, 3½ cups / 830ml water, and the salt into a large pot. Bring the ingredients to a boil over high heat. Turn the heat to low and simmer, stirring occasionally, until the pasta absorbs the liquid and becomes tender, about 15 minutes. If the

dish looks a little stodgy to you, gently stir in ½ cup / 120ml water; you're aiming for the pasta to be saucy.

Taste the pasta and season with pepper and additional salt to your liking.

Serve right away or meal prep for the week by transferring the pasta to a single airtight container or portioning it into individual containers. Store in the fridge for up to 4 days or in the freezer for up to 6 weeks.

Cozy Red Curry Sweet Potato Stew

MAKES 4 TO 6 SERVINGS

This stew is the reason why I always keep red curry paste in my pantry, waiting for a night when I want something fragrant, flavor forward, and oh so cozy—all in fewer than 30 minutes. Aside from the onion and bell pepper that cook at the beginning of the recipe, the stew is a good way to enjoy whatever vegetables are in season. I've called for a total of 3 cups / 300 to 420g of vegetables to simmer in the fragrant sauce. These can be fresh or thawed: broccoli, zucchini, cauliflower, carrots, summer squash, and green beans are some of my favorite options. No matter which of these vegetables you add, don't skip the sweet potatoes. They give the dish its satisfying quality, and their sweetness works beautifully with the savory, garlicky curry paste.

1 tablespoon refined avocado oil
1 yellow onion, thinly sliced
1 red bell pepper, thinly sliced
2 to 3 tablespoons red curry paste
1 tablespoon peeled grated fresh ginger
1 clove garlic, minced
One 13½-ounce / 400ml can full-fat coconut milk
1 cup / 240ml water
1 tablespoon tamari
1 tablespoon maple syrup
2 medium sweet potatoes, scrubbed and cut into 1-inch / 2.5cm pieces (about 1 pound / 450g)
One stalk lemongrass, lightly crushed with the side of a chef's knife

3 cups / 300 to 420g seasonal fresh or thawed frozen vegetables of choice (see headnote), cut into bite-size pieces

2 tablespoons freshly squeezed lime juice

Cooked rice, millet, quinoa, or another whole grain of choice for serving

Heat the oil in a large, deep skillet over medium heat. Add the onion and bell pepper and cook, stirring often, until the vegetables soften, 5 to 7 minutes.

Add the curry paste (up to 3 tablespoons if you prefer a spicier stew), ginger, and garlic and cook, stirring constantly, until the garlic is fragrant, about 1 minute. Add the coconut milk, water, tamari, and maple syrup, followed by the sweet potatoes and lemongrass.

Stir and bring the stew to a simmer, then turn the heat to low, cover, and cook until the sweet potatoes are tender, about 10 minutes. Add the seasonal vegetables and lime juice and cook, uncovered, until the vegetables are tender, about 10 minutes. Remove the lemongrass. Taste and adjust the lime juice and tamari to your liking.

To serve right away, divide the cooked rice among bowls and ladle the stew over the top.

To meal prep for the week, store the components in the fridge in separate airtight containers or portion them into individual, divided storage containers to assemble lunch boxes. Store in the fridge for up to 5 days or in the freezer for up to 6 weeks.

Pappa al Pomodoro

MAKES 6 TO 8 SERVINGS

Pappa al Pomodoro roughly translates to “tomato mush.” It’s a Tuscan soup made from bread and tomatoes, but calling it a soup is a little misleading: it’s really more like porridge. One of my recipe testers for this book has labeled it “pizza soup,” which is as good a description as any. No matter the description, this recipe is a tasty use for the half loaf of bread that you thought you’d finish, but is now close to being stale. Best of all, it’s a pantry meal that comes together fast. Chopped fresh basil leaves add a lot of flavor to the otherwise spare recipe, but you can replace the fresh herbs with dried basil or oregano in winter. Add some white beans or chickpeas if you’d like to make the dish more filling.

2 tablespoons olive oil
1 white or yellow onion, chopped
2 tablespoons tomato paste
4 cloves garlic, minced
One 28-ounce / 800g can whole peeled San Marzano tomatoes, with their juices
2 teaspoons cane sugar (optional)
8 ounces / 225g stale sourdough or peasant bread, cubed
3 to 4 cups / 720 to 950ml vegetable broth or water
Kosher salt and freshly ground black pepper
1 cup / 40g chopped fresh basil leaves (optional)

Heat the oil in a large, heavy pot over medium heat. Add the onion and cook, stirring often, until the onion is translucent and soft,

about 5 minutes. Add the tomato paste and garlic and cook, stirring constantly, until fragrant, about 1 minute more.

Add the tomatoes to the pot and use the back of a spoon or a potato masher to crush them (they'll spatter, so wear an apron for this step). Add the sugar (if using) to balance the acidity of the tomatoes. Bring the tomatoes to a simmer, then turn the heat to low and continue simmering, uncovered, until bubbly and slightly thickened, about 5 minutes.

Add the bread cubes to the pot, then pour 3 cups / 720ml of the broth over them and stir everything gently to combine. Turn the heat to medium-high to bring to a simmer, then once again turn the heat to low. Simmer until the mixture resembles a thick, tomato-infused mush, about 15 minutes. You can add the remaining 1 cup / 240ml of broth to loosen it up if it gets too thick. Taste and add additional salt and pepper as needed. Stir in the fresh basil (if using) and simmer 1 minute more.

Serve right away, or meal prep for the week by transferring the soup to a single airtight container or portioning it into individual containers. Store in the fridge for up to 5 days.

Broccoli Tahini Pesto Pasta

MAKES 4 SERVINGS

I usually toss cooked vegetables into my dinner pastas for added fiber and nutrition. This recipe takes that effort to a whole new level. Half of the florets from an entire bunch of broccoli are chopped and added to the pasta, while the remaining half are pureed into a bright green, tahini-based pesto. The creamy texture of this pesto gives more body to the finished recipe than an oil-based pesto would. Untraditional as it is, it has become my favorite pesto for using in pasta dishes!

1 bunch broccoli

Fine sea salt

8 ounces / 225g short or medium pasta shape of choice, such as orecchiette, radiatori, farfalle, or rotini

1 cup / 20g tightly packed fresh basil leaves

¼ cup / 70g tahini

3 tablespoons nutritional yeast

2 tablespoons freshly squeezed lemon juice

2 tablespoons water

1 clove garlic, coarsely chopped

Freshly ground black pepper

Remove the toughest part of the broccoli stems from their crowns and reserve for stock or another use. Remove the florets from their stems and cut both the florets and remaining stems into 1-inch / 2.5cm pieces. You should have about 12 ounces / 340g broccoli.

Fill a large pot with a few inches of water and fit it with a steamer basket. Bring the water to a boil. Turn the heat to low. Place the

broccoli in your steamer basket, cover the pot, and steam until very soft and tender, 7 to 8 minutes. Remove the steamer basket from the pot.

Fill the pot with additional water. Bring the water to a boil over high heat. Add 2 teaspoons salt to the boiling water. Add the pasta and cook according to the package instructions.

While the pasta boils, transfer 1½ cups / 115g of the cooked broccoli to a food processor fitted with the S blade. Reserve the rest of the broccoli. Add the basil, tahini, nutritional yeast, lemon juice, water, garlic, and ½ teaspoon salt and process until smooth, about 30 seconds.

Drain the pasta when it's ready, reserving ½ cup / 120ml of the pasta cooking water. Return the pasta to the pot, add the pesto and the reserved cooked broccoli, and toss gently but thoroughly. Season with salt and pepper. The pasta should be thicker than traditional pesto pasta, but if it's too thick for your liking, you can add a splash of cooking water to loosen it.

Serve right away, or meal prep for the week by transferring the pasta to a single airtight container or portioning it into individual containers. Store in the fridge for up to 4 days or in the freezer for up to 4 weeks.

OVEN MEALS

A giant pan of lasagna might seem like the least practical choice for a busy home cook who's short on time. Nevertheless, oven-baked meals, including casseroles and stuffed vegetables, are some of the smartest choices for meal prep. They make a bounty of food for both fridge and freezer, and they're easy to portion. If your meal prep routine is heavily oriented toward soups, bowls, and salads, then these cozy dishes will be a welcome change of pace.

This chapter is home to my favorite oven-baked meals. Some of them, like my Bean Ball Marinara (this page) and Chickpea Vegetable Potpie (this page), are nostalgic comfort foods for me. Others, like my Lentil-Stuffed Baby Eggplants (this page) and Orzo-Stuffed Tomatoes (this page) help me to celebrate varied, seasonal produce.

Cooking times for these recipes can be long, but much of the time is inactive. You can prepare something quick, like a dressing, while you wait for a casserole to bubble and crisp. When I'm rushed, I turn to the simpler recipes in this chapter. They include my Baked Eggplant & Tomatoes with Chickpeas (this page) and Soy Curl Fajitas (this page).

Most of these recipes are easier to prepare if a couple of the components have been made in advance, so it's wise to approach them in stages. Sometimes it's necessary to do that, too: the Orzo-Stuffed Tomatoes (this page), for example, call for Tofu Feta (this page), which needs time to marinate. You can make my Sheet Pan Nachos (this page) quickly if you prepare the Cheddar Cheesy Sauce (this

page) and homemade protein ahead of time, or you can use your favorite plant-based products to speed things up.

The stepwise process of making these meals may not seem compatible with a schedule busy enough to necessitate meal prep, but keep an open mind. With the right organization and planning, these hearty recipes will be as practical as they are comforting.

And what's more welcome in hectic times than a little comfort?

Bigger Is Better Vegetable Lasagna

MAKES 8 TO 10 SERVINGS

Samin Nosrat's tender tribute to lasagna, along with her recipe for "The Big Lasagna" in the *New York Times*, reminded me of something important, which is that bigger is better when it comes to lasagna. The dish is a commitment no matter what: you may as well go big or go home.

This recipe is my own take on a big lasagna. It's substantive and hearty, enough for eight or ten servings. I've made plenty of vegetable lasagnas, and while I like them, this recipe is closer to a traditional cheese lasagna. Vegan ricotta is the star of the show, contributing to rich, creamy layers. There are vegetables present, but they're folded together unobtrusively with the tomato sauce. I recommend taking the extra step of using traditional, rather than no-boil lasagna noodles if you can: I almost always find that regular noodles have a better texture than their parboiled counterparts.

VEGAN RICOTTA

1 cup / 140g whole or chopped raw cashews, soaked in water for at least 2 hours, rinsed, and drained

¼ cup / 60ml freshly squeezed lemon juice

¼ cup / 60ml water

¾ teaspoon fine sea salt

¼ teaspoon freshly ground black pepper

¼ teaspoon garlic powder

Two 16-ounce / 450g blocks firm tofu, pressed (see this page)

¼ cup / 20g nutritional yeast

LASAGNA

12 lasagna noodles (see Note)

VEGETABLE SAUCE

2 tablespoons olive oil
1 white or yellow onion, diced
8 ounces / 225g white or cremini mushrooms, brushed and finely chopped
1 medium zucchini, diced
4 cloves garlic, minced
One 28-ounce / 800g can crushed tomatoes
Two 14½-ounce / 415g cans tomato sauce
1 tablespoon cane or brown sugar (optional)
2 teaspoons dried oregano or Italian seasoning
Kosher salt
Crushed red pepper flakes

1 cup / 120g shredded vegan mozzarella-style cheese

Note: You may need only 9 lasagna noodles, depending on the size of the noodles, but better to have extra than too few.

Preheat your oven to 350°F / 175°C and oil a 9 by 13-inch / 24 by 36cm rectangular baking dish.

To prepare the ricotta, place the cashews in a food processor fitted with the S blade. Pulse the cashews a few times, just enough to break them down a bit. Add the lemon juice, water, salt, pepper, and garlic powder and process until the mixture is starting to have an even consistency, about 1 minute. Scrape down the sides of the processor with a spatula. Use your hands to break apart the blocks of tofu into the food processor, then add the nutritional yeast. Process until the ricotta is smooth, about 2 minutes. Set the ricotta aside.

To prepare the lasagna, bring a large pot of salted water to a boil. Add the lasagna noodles and cook according to package instructions until al dente. Drain.

While the water comes to a boil and the noodles cook, make the sauce. Heat the oil in a large, deep skillet over medium heat. Add the onion and cook for 5 minutes, stirring occasionally, until tender and translucent. Add the mushrooms and zucchini and cook, stirring frequently, until the mushrooms have released all their juices and the zucchini is tender, about 5 minutes. Add the garlic and cook, stirring constantly, until the garlic is fragrant, about 1 minute. Add the tomatoes, tomato sauce, sugar, and oregano and bring the sauce to a boil. Turn the heat to low, cover, and simmer for 5 minutes. Uncover the pot and simmer until thickened, about 5 minutes more. Taste and add salt and red pepper flakes as needed. The amount of salt will depend on the saltiness of the tomatoes and tomato sauce.

To assemble the lasagna, place about 1 cup / 120ml of the sauce in the bottom of your prepared baking dish. Cover with 3 or 4 noodles, depending on the size of your noodles, followed by half of the ricotta and a third of the remaining sauce. Repeat with another layer of noodles, ricotta, and sauce. Cover this with one more layer of noodles and the last of your vegetable sauce.

Cover your baking dish with aluminum foil, transfer to the oven, and bake for 20 minutes. Uncover the lasagna and sprinkle the mozzarella-style cheese over the top. Bake until the lasagna is bubbling and the vegan cheese has melted over the top, about 25 minutes. Allow the lasagna to rest for about 20 minutes before cutting and serving.

Serve right away, or meal prep for the week by transferring the lasagna to a single airtight container or portioning it into individual containers. Store in the fridge for up to 5 days or in the freezer for up to 6 weeks.

Lentil-Stuffed Baby Eggplants

MAKES 4 SERVINGS

My favorite technique for stuffing eggplants is to cut them in half and score the flesh, scoop it out, and cook it on the stovetop while the skins roast in the oven. This reduces cooking time a little, and it allows the eggplant to mingle with other filling ingredients—in this case, lentils and rice that are equal parts tangy, savory, and sweet. I fold tamarind concentrate, which can be found at many Middle Eastern and Latin American grocers, into the filling. Some tamarind concentrate is sold presweetened with corn syrup, but it's worth finding one that isn't, so that the tamarind's natural flavor can shine through. If you can't locate tamarind concentrate, then pomegranate molasses or freshly squeezed lime juice are up to the task of replacing its tartness in the recipe.

½ cup / 90g brown basmati or long-grain brown rice

½ cup / 100g dried brown, green, or pardina lentils

3 cups / 720ml water

4 baby eggplants (about 2 pounds / 900g)

2 tablespoons refined avocado oil, plus extra for brushing

1 red onion, chopped

3 cloves garlic, minced

1½ tablespoons tamarind concentrate, 2 tablespoons freshly squeezed lime juice, or 1½ tablespoons pomegranate molasses, plus more as needed

1 tablespoon brown sugar, plus more as needed

2 teaspoons garam masala (see Note)

Kosher salt

1 cup / 240ml Tangy Cashew Cream (this page) or unsweetened plain vegan yogurt of choice

Chopped fresh cilantro leaves and stems for garnish

Note: You can prepare a substitute for garam masala by mixing 1 teaspoon ground cumin, ½ teaspoon ground cinnamon, ¼ teaspoon ground cardamom, ¼ teaspoon ground cloves, and a generous pinch of freshly ground black pepper.

Place the rice and lentils in a fine-mesh sieve and rinse under cold running water for about 15 seconds. Transfer the rinsed rice and lentils to a medium pot and add the water. Bring to a boil over high heat, then turn the heat to low, cover, and simmer until the rice and lentils are tender, 35 to 45 minutes. Gently pour out any excess water from the mixture.

While the rice and lentils cook, preheat your oven to 450°F / 230°C. Line a baking sheet with parchment paper or aluminum foil.

Cut an eggplant in half lengthwise, then use a paring knife to score the center of the eggplant in a crisscross pattern. Cut around this scored area, about ½ inch / 1.3cm from the edge. Using a large spoon, gently scoop out the flesh. You should be left with a hollowed-out eggplant half that has about ½ inch / 1.3cm of flesh lining the skin on all sides. Coarsely chop the eggplant flesh and transfer it to a colander. Repeat with the remaining eggplants. Arrange the eggplant skins, cut sides up, on the prepared baking sheet. Salt the cut side of the eggplant skins and the flesh in the colander generously and allow them to sit for 15 minutes.

Pat the eggplant skins dry with a tea towel or paper towel. Brush them with oil on both sides. Transfer the eggplant skins, cut side up, to the oven. Roast for 15 minutes, then flip them over and continue roasting until very tender, 15 to 20 minutes more.

While the eggplant skins roast, rinse the eggplant flesh in the colander, then squeeze it as dry as possible with a tea towel or paper towel. Heat 1 tablespoon of the oil in a large, deep skillet over medium-high heat. Add the eggplant flesh and cook, stirring every minute or two, until browned on all sides. Turn the heat to medium-low and continue cooking for 10 minutes, stirring frequently, or until the eggplant is very tender.

Transfer the eggplant flesh to a plate. Wipe the skillet clean and return it to the stovetop. Add the remaining 1 tablespoon oil. When the oil is shimmering, add the red onion and cook, stirring often, until the onion is tender and translucent, 5 minutes.

Return the eggplant flesh to the skillet, add the garlic, and cook, stirring constantly, until the garlic is fragrant, about 1 minute. Add the tamarind paste, brown sugar, garam masala, and ¾ teaspoon salt. Stir until well combined, then fold in the cooked lentils and rice and cook until the lentil and rice mixture is warmed through, 2 to 3 minutes. Taste and add additional salt, tamarind, and sugar as needed.

Fill the cooked eggplant skins with the lentil and rice mixture.

To serve right away, dollop each eggplant with 2 tablespoons of cashew cream and sprinkle with cilantro.

Meal prep for the week by transferring the stuffed eggplants to a single airtight container or portioning them into individual containers. Store in the fridge for up to 5 days.

Bean Ball Marinara

MAKES 6 SERVINGS (18 TO 20 BALLS)

I had a comically difficult time figuring out what to title this recipe. Using the word *meatballs* didn't feel right, since the quinoa and red bean balls in question don't really have a meaty texture. They're hearty but soft, perfect for scooping and placing on top of vegetables or pasta. The name *Baked Bean Balls* didn't capture how essential the marinara sauce is to the dish, how it smothers and cooks down around the bean balls while the dish is in the oven. In the end, *Bean Ball Marinara* was just right. The bean balls bake twice: first without sauce, to take shape, and then covered in sauce to absorb all the flavors. I like to serve them over lightly steamed or sautéed zucchini noodles, but they're also great over a bed of leafy greens, including my Garlicky Braised Kale (this page). The recipe is inspired by a dish at Matthew Kenney's Double Zero, which is one of my favorite spots for plant-based Italian fare.

1 cup / 180g white quinoa
1¾ cups / 415ml water
¾ cup / 105g raw almonds
1 tablespoon plus 1 teaspoon olive oil
1 large yellow onion, chopped
4 cloves garlic, minced
1½ cups / 240g cooked kidney beans, or one 15-ounce / 425g can, drained and rinsed
2 teaspoons dried oregano
½ teaspoon dried thyme
1 teaspoon fine sea salt
½ cup / 55g bread crumbs (traditional, panko, or gluten-free)
2 tablespoons nutritional yeast
¼ teaspoon freshly ground black pepper
4 cups / 950ml marinara sauce of choice

Preheat your oven to 375°F / 190°C and oil a 9 by 13-inch / 24 by 36cm baking dish.

Place the quinoa in a fine-mesh sieve and rinse under cold running water for about 30 seconds. Transfer the rinsed quinoa to a medium pot and add the water. Bring to a boil over medium-high heat, then turn the heat to low, cover, and simmer until all the water has been absorbed, about 13 minutes. Remove the quinoa from the heat and allow it to sit for 5 minutes. Uncover the pot and fluff the quinoa gently with a fork. Re-cover and allow the quinoa to steam while you proceed with the recipe.

Place the almonds in a food processor fitted with the S blade and process until ground into a fine meal, about 1 minute. Transfer the ground almonds to a large mixing bowl.

Heat the oil in a frying pan or skillet over medium-low heat. Add the onion and cook, stirring occasionally, until the onion is very soft and starting to brown, about 8 minutes. Add the garlic and cook, stirring frequently, until the garlic is fragrant, about 1 minute.

Place the beans in the food processor, followed by the onion and garlic mixture, the oregano, thyme, salt, and 1½ cups / 225g of the cooked quinoa (reserve the remaining quinoa). Pulse a few times to combine the ingredients, then process until the beans are completely broken down and the mixture is a relatively uniform mush.

Add the bean mixture to the mixing bowl with the almonds. Add the remaining cooked quinoa, the bread crumbs, nutritional yeast, and pepper. Mix everything together with your hands. The mixture will be soft and sticky, and you should be able to shape it into balls.

If it's too soft to do that, allow it to sit for 10 minutes to firm up a bit and try again.

Shape the quinoa mixture into 2-inch / 5cm balls and arrange them in rows in the prepared baking dish—it's fine for them to be touching. Bake the bean balls, uncovered, until brown on all sides, 35 to 40 minutes. Pour the marinara sauce over the bean balls, completely submerging them. Return the bean balls to the oven and bake, uncovered, until the marinara sauce is darkened, bubbly, and reduced, about 40 minutes more.

Serve right away, or meal prep for the week by transferring the bean balls to a single airtight container or portioning them into individual containers. Store in the fridge for up to 5 days or in the freezer for up to 6 weeks.

Chickpea Vegetable Potpie

MAKES 6 TO 8 SERVINGS

Oh, potpie—the quintessential comfort dish that I ate most often growing up, thanks to my mom's fondness for it. For years, I was hung up on finding a substitute for chicken that would work in the recipe. In the end, my favorite bean (chickpeas) came to the rescue. They're less like chicken than vegan meat, seitan, or soy curls, and yet their firm, plump texture makes for a hearty and satisfying pie. The recipe takes some time to prepare, but it is delicious and deeply comforting, especially in winter. The chickpea vegetable pie filling thickens and becomes even more flavorful after a few days of storage.

CRUST

1½ cups / 210g unbleached all-purpose flour
½ teaspoon kosher salt
8 tablespoons / 112g cold vegan butter, cubed
¼ cup / 60ml ice-cold water, plus more as needed

FILLING

2 tablespoons vegan butter or olive oil
1 white onion, diced
2 large celery stalks, diced
2 large carrots, scrubbed and diced
1 medium russet potato (about 6 ounces / 170g), peeled and cubed
2 cloves garlic, minced
3 cups / 480g cooked chickpeas, or two 15-ounce / 425g cans, drained and rinsed
¼ cup / 35g unbleached all-purpose flour
2 tablespoons nutritional yeast
2 cups / 480ml vegetable broth
¼ cup / 60ml unsweetened nondairy milk

2 tablespoons chopped fresh rosemary, or 1½ teaspoons dried rosemary

½ teaspoon kosher salt

1 cup / 120g sliced fresh or thawed frozen green beans, cut into 1-inch / 2.5cm pieces, or 1 cup / 130g fresh or thawed frozen peas

Freshly ground black pepper

To prepare the crust, whisk together the flour and salt in a large mixing bowl. Add the butter and use a pastry cutter or pulse with a food processor to incorporate the butter into the flour, until the butter is in small pieces (the size of peas).

Pour the ice-cold water into the flour and butter mixture in a thin stream, using a spatula to mix as you go or continuing to pulse in the food processor. As soon as the dough holds together and easily sticks together when you squeeze a small amount in your hand, it's ready. If your dough is too crumbly and isn't holding together, add additional ice-cold water a teaspoon at a time until it does.

Flour a clean, cold work surface. Turn the dough out onto the surface and use your hands to shape the dough into a disk. Cover the dough in plastic wrap and store in the fridge for at least 2 hours or up to 2 days, or store in the freezer for up to 2 months.

To prepare the potpie filling, preheat your oven to 375°F / 190°C. If the crust has been chilling overnight, take it out of the fridge to warm up a little.

Heat the butter in a 10- or 12-inch / 25 or 30cm ovenproof skillet over medium heat. When the butter is sizzling, add the onion, celery, carrots, and potato to the pot and cook, stirring often, until the onion is translucent and the vegetables are soft, about 8

minutes. Add the garlic and cook, stirring constantly, until the garlic is fragrant, about 1 minute more.

Add the chickpeas to the skillet and give everything a stir. Sprinkle the flour and nutritional yeast over the chickpeas and vegetables. Pour the broth into the skillet, stirring constantly. Add the nondairy milk, rosemary, and salt, followed by the green beans. Allow the mixture to simmer, uncovered, until it thickens, about 5 minutes. Taste the potpie filling and adjust the salt and season with pepper to your liking. Remove the skillet from the heat and smooth the top of the potpie filling with a spatula.

While the potpie filling cools a little, flour a clean, cold work surface well and place the disk of pie dough in the center of it. Flour a rolling pin and roll the dough into a circle big enough to cover your baking dish with some overhang (12 to 14 inches / 30 to 36cm in diameter). Fold the dough over on itself to make a half-moon shape. Place this over half of the skillet and then unfold the other half of the crust to cover the potpie. If the crust tears, that's okay—a rustic potpie always looks good. If it doesn't tear, cut a few slits into the center of the crust.

Transfer the pie to the oven. Bake until the crust is golden brown all over, 45 to 55 minutes. Allow the pie to cool for at least 20 minutes before cutting and serving.

Serve right away, or meal prep for the week by portioning the potpie into individual airtight containers. Store in the fridge for up to 5 days, or in the freezer for up to 6 weeks.

To help the crust remain crisp, I recommend reheating portions (or a whole pie) in the oven at 350°F / 175°C until warmed through, about 15 minutes.

Stuffed Sweet Potatoes with Coconut Greens

MAKES 4 TO 6 SERVINGS

One of my favorite things to do with Curried Red Lentils is to incorporate them into this satisfying meal of baked and stuffed sweet potatoes. The word *stuffed,* in the context of this recipe, doesn't mean anything fancy. You'll just bake the potatoes, split them, add some of the lentils to the center, and then top them with a batch of salty, coconutty braised greens. You'll only need half a batch of the Curried Red Lentils for these sweet potatoes, so you can prepare the recipe and freeze the remaining half of it to enjoy later.

1 tablespoon refined avocado oil
1 small yellow onion, chopped
2 cloves garlic, minced
2 teaspoons peeled minced fresh ginger
1 bunch collard greens, stemmed and sliced crosswise into thin ribbons
1 bunch curly kale, stemmed and chopped
¾ cup / 180ml full-fat coconut milk
¾ cup / 180ml vegan no-chicken broth, plus more as needed
½ teaspoon kosher salt
Crushed red pepper flakes
4 medium or 6 small Slow-Baked Sweet Potatoes (this page)
3 cups / 690g Curried Red Lentils (this page)

Heat the oil in a large, deep skillet over medium heat. Add the onion and cook, stirring occasionally, until tender and translucent, 5 to 7 minutes. Add the garlic and ginger and cook, stirring frequently, until the mixture is very fragrant, about 2 minutes more.

Add the collard greens and kale to the skillet (you may need to add them in handfuls and wait for them to wilt down as you add more), stirring as you go. When the greens have reduced by about half, add the coconut milk, broth, and salt. Cover the skillet, turn the heat to low, and cook until the greens are very tender, about 15 minutes. Uncover the skillet and season with red pepper to taste.

To serve right away, cut a lengthwise slit in the center of each potato. Add ¼ to ⅓ cup / 60 to 75g of the curried lentils to the center of the potato. Layer the greens over the lentils.

To meal prep for the week, store the components in separate airtight containers or portion them into individual divided storage containers to assemble later. Freshly made components or assembled stuffed potatoes will keep in the fridge for up to 4 days. The coconut greens will keep in the freezer for up to 4 weeks.

Orzo-Stuffed Tomatoes

MAKES 6 SERVINGS

There are two things to keep in mind as you prepare these juicy, savory stuffed tomatoes. First, store-bought vegan feta can be substituted for the tofu feta. If you make that swap, be sure to omit the salt, as commercial vegan feta is saltier than homemade. Second, there will be a heavenly moat of sweet, salty broth in the baking dish when the tomatoes come out of the oven. Sunday Focaccia (this page) comes in handy for catching every drop.

8 beefsteak tomatoes
1 tablespoon olive oil
2 large shallots, finely chopped
3 cloves garlic, minced
1 cup / 220g orzo
2¾ cups / 650ml vegetable broth
2⅓ cups / 435g Tofu Feta (this page; see Note)

Note: Prepare the Tofu Feta one day before cooking the stuffed tomatoes and allow it to marinate overnight.

Preheat your oven to 350°F / 175°C and lightly oil a 9 by 13-inch / 24 by 36cm baking dish.

Slice the top 3 inches / 7.5cm off the tomatoes. Use a paring knife to cut around the center of a tomato, about ½ inch / 1.3cm from the edge. Using a spoon, gently scoop out the flesh. You should be left with a hollowed-out tomato that has about ½ inch / 1.3cm of flesh lining the skin on all sides. Use a tea towel to pat the inside of

the tomato. Repeat with the remaining tomatoes and arrange them, cut sides up, in the prepared baking dish and set aside. Discard the tomato flesh or reserve for another use, such as making bruschetta or homemade tomato water for cocktails.

Heat the oil in a medium pan over medium heat. Add the shallots and garlic and cook, stirring constantly, until the shallots are translucent, 3 to 4 minutes. Stir in the orzo, then pour in the broth and bring to a boil. Turn the heat to low and simmer, uncovered, until the orzo is tender and the broth has been almost entirely absorbed, 10 to 15 minutes. Remove the pan from the heat.

Fold the tofu feta and its marinade into the orzo. The tofu feta will break up a bit, and the orzo will soak up the marinade—that's the idea!

Scoop the orzo mixture into the tomatoes in the baking dish. Lightly cover the tomatoes with aluminum foil and bake until the pan is full of juices, about 45 minutes. Uncover the tomatoes and bake until the tomatoes are tender and the orzo is crisping on top, about 15 minutes more.

Serve right away, or meal prep for the week by transferring the tomatoes to a single airtight container or portioning them into individual containers. Store in the fridge for up to 5 days or in the freezer for up to 4 weeks.

Creamy Quinoa Artichoke Casserole

MAKES 6 SERVINGS

I could eat endless dishes of baked pasta, but I always feel glad when I'm able to make a creamy casserole with whole grains. This gives me comfort food with the added satisfaction of knowing that I've worked a little extra fiber and micronutrients into my meal. Such is the case with this baked dish of quinoa, artichokes, and peas. The casserole is brought together with a creamy sauce that includes the wholesome addition of white beans. If there's another vegetable that you'd like to fold into the dish, such as broccoli florets or diced zucchini, you can do that in addition to or in place of the artichokes and peas.

1¼ cups / 225g white quinoa

2¼ cups / 530ml water

1¼ cups / 300ml unsweetened nondairy milk

1 cup / 160g cooked or drained and rinsed canned cannellini, Great Northern, or navy beans

¼ cup / 35g raw cashews or pine nuts, soaked in water for at least 2 hours and drained

¼ cup / 20g nutritional yeast

3 tablespoons freshly squeezed lemon juice

1 tablespoon white miso

Kosher salt

¼ teaspoon garlic powder

2 teaspoons olive oil

2 large shallots, chopped

1½ cups / 260g quartered artichoke hearts, or one 14-ounce / 400g can, drained

1½ cups / 195g thawed frozen green peas

1 tablespoon grated lemon zest

Freshly ground black pepper

¼ cup / 25g dried bread crumbs

Preheat your oven to 350°F / 175°C and oil an 8 by 11-inch / 20 by 28cm or 9 by 13-inch / 24 by 36cm baking dish.

Place the quinoa in a fine-mesh sieve and rinse under cold running water for about 30 seconds. Transfer the rinsed quinoa to a medium pot and add the water. Bring to a boil over medium-high heat, then turn the heat to low, cover, and simmer until all the water has been absorbed, about 13 minutes. Remove the quinoa from the heat and allow it to sit for 5 minutes. Uncover the pot and fluff the quinoa gently with a fork. Re-cover and allow the quinoa to steam while you proceed with the recipe.

While the quinoa cooks, process the nondairy milk, cannellini beans, cashews, nutritional yeast, lemon juice, miso, 1 teaspoon salt, and the garlic powder in a high-speed blender or food processor until smooth.

Heat the oil in a large, deep skillet over medium heat. Add the shallots and cook, stirring frequently, until tender and translucent, 2 to 3 minutes. Add the artichoke hearts, peas, cooked quinoa, and lemon zest to the skillet. Pour in the nondairy milk mixture and stir until well combined. Taste and add additional salt and pepper as needed. Continue to cook until heated through, 2 to 3 minutes.

Transfer the warm quinoa mixture to your prepared baking dish and sprinkle with the bread crumbs. Bake until the top is just turning golden, 30 to 35 minutes.

Cut into rectangles and serve right away, or meal prep for the week by transferring the quinoa casserole to a single airtight container or portioning it into individual containers. Store for up to 5 days in the fridge or in the freezer for up to 6 weeks.

Sheet Pan Nachos

MAKES 6 SERVINGS

I've always considered nachos to be a dish best served right away, but the more I experiment with sheet pan nachos, the more I've come to view them as a perfect make-ahead food. Top chips become nicely crisp again during reheating, while the bottom layers become more flavorful as all of the nacho fixings have time to mingle. As with Freezer Breakfast Burritos (this page), you can save time by swapping in store-bought toppings instead of making them from scratch.

1 large bag (11 ounces / 310g) lightly salted tortilla chips

2½ cups / 560g Tangy Pinto Beans (this page), or 2½ cups / 650g store-bought vegan refried beans

2 cups / 300g Tempeh Chorizo (this page) or Chickpea Walnut Taco Meat (this page), or 8 ounces / 225g vegan chorizo of choice

16 ounces / 450g salsa of choice

1½ cups / 240g cooked black beans, or one 15-ounce / 425g can, drained and rinsed

1½ cups / 180ml Cheddar Cheesy Sauce (this page), or 3 cups / 360g shredded vegan cheddar-style cheese

1 cup / 240ml Tangy Cashew Cream (this page), or 1 cup / 225g vegan sour cream

Chopped fresh cilantro and/or sliced pickled jalapeños for topping

Preheat your oven to 350°F / 175°C and line a baking sheet with parchment paper or aluminum foil.

Arrange a third of the chips on the prepared baking sheet. Cover with one-third each of the pinto beans, tempeh chorizo, salsa, black beans, and sauce. Repeat with another layer of chips, pinto beans, tempeh chorizo, salsa, black beans, and sauce two more times. Generously dollop the cashew cream over the top.

Bake until the chips are just browning, about 15 minutes. Top with chopped fresh cilantro or sliced pickled jalapeños and serve right away, or meal prep for the week by transferring the nachos to a single airtight container or portioning them into individual containers. Store for up to 5 days in the fridge.

To reheat the nachos, line a baking sheet with parchment or foil. Place the nachos on the prepared baking sheet and warm in a 350°F / 175°C oven or air fryer for 10 minutes.

Baked Eggplant & Tomatoes with Chickpeas

MAKES 4 TO 6 SERVINGS

The recipe was inspired by a casserole in one of Autumn and Bobby Calabrese's recipe books. A nutrition client raved to me about how hands-off it is, and I was inspired to try a version of my own. This is indeed an easygoing meal, which requires little more effort than mixing ingredients in a baking dish and allowing the oven to transform them into dinner. A single hour of baking will give you a fragrant, flavorful, juicy medley of vegetables and legumes that can be enjoyed with cooked grains or flatbread as the week goes on.

1 medium eggplant (about 1½ pounds / 680g)
2 beefsteak tomatoes, coarsely chopped
1 medium yellow onion, thinly sliced
2 tablespoons olive oil
1½ teaspoons ground cumin
1 teaspoon ground coriander
¼ teaspoon ground cinnamon
Kosher salt
1½ cups / 240g cooked chickpeas, or one 15-ounce / 425g can, drained and rinsed
½ cup / 20g chopped fresh parsley (optional)
1 tablespoon red wine vinegar
½ teaspoon crushed red pepper flakes, or 1 tablespoon harissa paste, plus more as needed
Cooked quinoa, millet, couscous, or pita for serving

Preheat your oven to 400°F / 200°C. Cut the eggplant into 1-inch / 2.5cm cubes and transfer them to a colander. Salt the eggplant generously and allow it to sit for 20 minutes. Rinse the eggplant well, then pat thoroughly dry with a tea towel or paper towel.

Transfer the eggplant, tomatoes, onion, oil, cumin, coriander, cinnamon, and 1 teaspoon salt to a 9 by 13-inch / 24 by 36cm baking dish and mix together with your hands. Cover the dish with aluminum foil. Bake for 30 minutes, then stir the ingredients, re-cover the baking dish, and return to the oven. Bake for 15 minutes more, then stir the ingredients and return to the oven again. Bake, uncovered, until the eggplant is very tender and the tomatoes are juicy, about 15 minutes.

Remove the baking dish from the oven. Stir in the chickpeas, parsley (if using), vinegar, and red pepper flakes. Taste and add additional salt and red pepper flakes as needed.

Serve with the cooked grain of your choice or pita, or meal prep for the week by transferring the recipe to a single airtight container or portioning it into individual containers. Store in the fridge for up to 5 days or in the freezer for up to 6 weeks.

Soy Curl Fajitas

MAKES 4 SERVINGS

There are two dishes I make regularly with soy curls that have been baked to chewy perfection in the oven: my Soy Curl Gyros (this page) and these fajitas. Here, the prepared soy curls are marinated with plenty of lime juice, tamari, cumin, and smoked paprika. They roast in the oven along with sliced vegetables, after which they can be piled into your favorite tortillas and topped with my Sunflower Cilantro Sauce. The fajitas are bright, flavorful, and packed with protein. You can enjoy them in a nutritious lunch box or assemble them for a low-key dinner. Add some regular or cauliflower rice to the tortillas for added texture and to make them more filling.

¼ cup / 60ml freshly squeezed lime juice
4 tablespoons / 60ml refined avocado oil
1½ tablespoons tamari
½ teaspoon ground cumin
½ teaspoon smoked paprika
½ teaspoon chili powder
2¾ cups / 350g Basic Soy Curls (this page)
2 portobello mushroom caps, cut into ½-inch / 1.3cm slices
1 bell pepper (any color), cut into strips
1 medium white onion, sliced
Kosher salt and freshly ground black pepper
Eight to twelve 6-inch / 15cm corn or flour tortillas
¾ cup / 180ml Sunflower Cilantro Sauce (this page)
3 cups / 375g cooked rice, 3 cups / 380g cauliflower rice, or 3 cups / 420g cooked quinoa (optional)

Whisk together the lime juice, 2 tablespoons of the oil, the tamari, cumin, paprika, and chili powder in a large mixing bowl. Add the soy curls and use your hands to mix until the soy curls are evenly coated with the marinade. Cover the bowl and allow the soy curls to marinate for at least 1 hour at room temperature, or transfer them to a leakproof container and marinate them in the fridge for up to 2 days.

Preheat your oven to 425°F / 220°C and line two baking sheets with parchment paper or aluminum foil.

In another mixing bowl, toss together the portobellos, bell pepper, onion, and the remaining 2 tablespoons oil until the vegetables are evenly coated with the oil.

Remove the soy curls from the marinade and transfer them to one of the prepared baking sheets. Transfer the vegetables to the second baking sheet and season with salt and black pepper. Transfer both baking sheets to the oven. Roast the soy curls and vegetables for 15 minutes, then stir the ingredients on each baking sheet and return to the oven. Bake for 5 to 10 minutes more, until the vegetables are tender and browning and the soy curls are crisping at the edges but still tender on the inside.

To serve right away, wrap your tortillas in foil and warm them in the oven for 5 minutes after the soy curls and vegetables roast. Fill your tortillas with the soy curls, vegetables, and cooked rice (if using) and drizzle with sauce before folding and enjoying.

To meal prep for the week, store the components in separate airtight containers or portion them into individual divided storage containers to assemble lunch boxes. Store the soy curls and

vegetables in the fridge for up to 4 days or in the freezer for up to 6 weeks.

Soy Curl Gyros

MAKES 4 SERVINGS

As a native New Yorker and a Greek American, I have a soft spot for gyros, the handheld, pita-wrapped meal of vegetables, tzatziki sauce, and meat. I've been searching for a plant-based adaptation of this beloved street food, and soy curls do the trick. The soy curls in this recipe are marinated with my Tangy Cashew Cream or unsweetened plain vegan yogurt, along with spices and lemon juice. They're then baked in the oven, which intensifies their flavor and gives them a "meaty" texture. I use traditional gyro vegetable components here—tomato, red onion, cucumber, and a cashew-based version of tzatziki—but you can add leafy greens and other raw vegetables of choice.

TZATZIKI

1 cucumber, peeled and seeded
¾ cup / 180ml Tangy Cashew Cream (this page) or unsweetened plain vegan yogurt
1 tablespoon freshly squeezed lemon juice
2 teaspoons white wine vinegar
¼ teaspoon fine sea salt
1 to 2 cloves garlic, minced or finely grated
Freshly ground black pepper

SOY CURLS

⅓ cup / 80ml Tangy Cashew Cream (this page) or unsweetened plain vegan yogurt
3 tablespoons freshly squeezed lemon juice
1 tablespoon red wine vinegar
1 tablespoon olive oil
1 teaspoon dried oregano
½ teaspoon ground cumin
½ teaspoon ground coriander

½ teaspoon sweet paprika
½ teaspoon garlic powder
½ teaspoon fine sea salt
2¾ cups / 350g Basic Soy Curls (this page)

GYROS

4 plain or whole-wheat pita pockets
2 beefsteak tomatoes, cut into wedges
2 cups / 240g peeled and sliced cucumbers
1 red onion, sliced

To prepare the tzatziki, grate the peeled and seeded cucumber on a box grater. Place the grated cucumber in a tea towel or cheesecloth and give it a squeeze, removing some of its moisture. Transfer the grated cucumber to a small mixing bowl. Add the cashew cream, lemon juice, white wine vinegar, salt, garlic (2 cloves if you prefer a stronger garlic flavor), and black pepper to taste and stir until well combined.

Preheat your oven to 400°F / 200°C and line a rimmed baking sheet with parchment paper or aluminum foil.

To prepare the soy curls, whisk together the cashew cream, lemon juice, red wine vinegar, oil, oregano, cumin, coriander, paprika, garlic powder, and salt in a large mixing bowl. Add the soy curls and toss with your hands until evenly coated.

Transfer the soy curls to the prepared baking sheet. Bake for 15 minutes, then stir them on the baking sheet and return to the oven. Bake for 5 to 10 minutes more, until the soy curls are crisping at the edges but still tender on the inside.

To assemble the gyros, cut the pita pockets in half. Stuff the pita halves with the soy curls, tomatoes, cucumber, and red onion and drizzle with tzatziki.

To meal prep for the week, store the components in separate airtight containers or portion them into individual divided storage containers to assemble lunch boxes. Store the tzatziki and soy curls in the fridge for up to 4 days.

DESSERTS

Of all the recipes to meal prep, desserts might strike you as the least sensible. If you're determined to prepare your own food, then cooking is a necessity. Baking is another story. We certainly don't *need* cake, cookies, cobbler, or galettes.

Or do we? One of the biggest joys of the last decade of my life has been embracing my wholehearted love of sweets. As a dietitian with an eating disorder history, it took me ages to admit that a few squares of dark chocolate do *not* satisfy my sweet tooth…at all. The desserts in this chapter do. And they give me joy. What's more necessary than that?

I tend toward homey, old-fashioned desserts, like cake, brownies, cobbler, and pie. A perfect example might be my classic, unfussy carrot cake with cream cheese frosting. I've simplified the double-layer version that I usually make into a snack cake that's baked in a square pan. This Everyday Carrot Cake (this page) is simple and accessible, and it can fit within a busy schedule.

Celebrations like birthdays, anniversaries, and other special occasions don't stop when life gets busy. Homemade meal-prepped desserts ensure that you can continue to observe them with the festivity that they deserve. When only a special occasion dessert will do, there's Root Vegetable Chocolate Cake (this page). This is just what it sounds like: chocolate cake that's made with pureed beets in the cake batter and sweet potatoes in the frosting. Each vegetable deepens the cake's flavor.

Since meal prep is particularly useful for packed meals, I'm sharing some fun, single-serve desserts here. This includes

two puddings that can be portioned into small jars (see this page and this page) and sweetly bundled Mini Apple Galettes (this page). Salted Tahini Date Caramel Cups (this page) can be brought to work for your late-afternoon chocolate cravings. Almond Biscotti (this page) are sturdy and easy to transport, and they make a good accompaniment to the afternoon coffee that may come in handy on long days.

The desserts have a wide range of prep time. Some, like the Chocolate Pots de Crème (this page), come together in minutes. Others, like the root vegetable cake, are more involved. No matter how busy you are, you'll find at least one or two treats to lift your spirits as the week goes by.

Chocolate Pots de Crème

MAKES 8 SERVINGS

Silken tofu is the base for these fudgy chocolate pots de crème, which means that they're not only delectable, but also more nutrient-dense than you might guess. This recipe is based on a pudding recipe that I published on my blog, but for the purposes of make-ahead cooking I like to portion it into small storage containers (I use 4-ounce / 120ml mason jars). I also top it with a dollop of vegan whipped cream, either store-bought or the sweet version of my cashew cream. If you like the flavor of mocha and aren't too sensitive to caffeine, try adding the two optional teaspoons of espresso powder to enhance the flavor of the chocolate.

5¼ ounces/ 150g vegan dark or semisweet chocolate, chopped
One 16-ounce / 450g block silken tofu
¼ cup / 60ml maple syrup or agave nectar
3 tablespoons natural or Dutch-processed cocoa powder
2 teaspoons instant espresso (optional)
¼ teaspoon kosher salt
1 cup / 95g store-bought vegan whipped cream or 1 cup / 240ml Sweet Cashew Cream (this page; optional)

Place the chocolate in a microwave-safe glass bowl. Microwave in 15-second intervals, stirring a little between each interval, until the chocolate is completely melted. Don't microwave for longer intervals, as the melted chocolate may burn and lose its silky-smooth texture.

Blend the melted chocolate, silken tofu, maple syrup, cocoa powder, instant espresso (if using), and salt in a blender until completely smooth. Pour the mixture into eight small jars or ramekins and let the pudding firm up in the fridge for at least 4 hours before serving.

To serve, top each pot de crème with 2 tablespoons of the whipped cream, if you like. Cover with plastic wrap or lids and store in the fridge for up to 5 days or in the freezer for up to 6 weeks. Thaw overnight in the fridge before enjoying.

Mini Apple Galettes

MAKES 8 SERVINGS

Pie lends itself easily to batch cooking because the crust can be made well ahead of time. Unfortunately, the finished product can be messy to portion, serve, and store. This galette recipe will give you eight adorable, golden-brown galettes, each filled with a cinnamon-spiced, sweet apple center. Even better, baking these free-form pastries on a lined baking sheet ensures that you won't have to worry about the dreaded soggy bottom that can befall pie. The galettes are especially good to serve with a scoop of vegan vanilla ice cream. As a bonus, you can freeze them in batches or individually, giving your future self the gift of a rustic, satisfying dessert.

PASTRY

2⅔ cups / 370g unbleached all-purpose flour

¼ cup / 55g cane sugar

1 teaspoon kosher salt

1 cup / 224g cold vegan butter, cubed

¼ cup / 60ml ice-cold water, plus more as needed

FILLING

1¼ pounds / 570g Granny Smith apples (about 5 medium small apples), cored, peeled, and diced

4½ tablespoons / 55g cane sugar

1½ tablespoons unbleached all-purpose flour

1 tablespoon freshly squeezed lemon juice

½ teaspoon ground cinnamon

VEGAN "EGG WASH"

1 tablespoon unsweetened nondairy milk

1 tablespoon maple syrup or agave nectar

Sparkling sugar for sprinkling

Note: A 6-inch / 15cm flour or corn tortilla will come in handy for shaping your galette crusts.

To prepare the pastry, whisk together the flour, sugar, and salt in a large mixing bowl. Add the butter and use a pastry cutter or pulse with a food processor to incorporate the butter into the flour mixture, until the butter is in small pieces (the size of peas).

Pour the ice-cold water into the flour and butter mixture in a thin stream, using a spatula to mix as you go or continuing to pulse in the food processor. As soon as the dough holds together and easily sticks together when you squeeze a small amount in your hand, it's ready. If your dough is too crumbly and isn't holding together, add additional ice-cold water a teaspoon at a time until it does.

Flour a clean, cold work surface. Turn the dough out onto the surface and use your hands to shape the dough into two disks. Wrap the disks in plastic wrap and store in the fridge for at least 1 hour or up to 2 days, or store in the freezer for up to 4 weeks.

To make the filling, toss together the apples, sugar, flour, lemon juice, and cinnamon in a large mixing bowl.

Preheat your oven to 425°F / 220°C and line two baking sheets with parchment paper.

Flour a work surface and a rolling pin. Roll out the chilled disks of dough until they're about ⅛ inch / 3mm thick. Use a paring knife to cut it into eight circles that are each about 6 inches / 15cm in

diameter (see Note). It's okay if the circles aren't perfect—they'll be folded inward anyway. Gently transfer each circle to one of the prepared baking sheets, spacing them at least 2 inches / 5cm apart. Place about ⅓ cup / 45g of the apple filling in the center of each pastry circle. Fold the sides of the circle inward, pressing down anywhere the pastry overlaps to form a neat little bundle with an open center.

To make the vegan "egg wash," stir together the nondairy milk and maple syrup. Using a pastry or basting brush, brush the outsides of the pastry with the wash, then sprinkle them with sparkling sugar.

Bake the mini galettes until the pastry is a deep golden brown, 30 to 35 minutes. Transfer the galettes to a cooling rack to cool for at least 2 hours before serving or storing.

Store the galettes in an airtight container at room temperature for up to 2 days, then transfer to the fridge for up to 2 days more; or store in the freezer for up to 6 weeks. To reheat, place one or several galettes on a parchment paper–lined baking sheet. Transfer to a 350°F / 175°C oven for 15 minutes, or until warmed through.

Everyday Carrot Cake

MAKES 12 TO 16 SERVINGS

I could write a novel about my adoration of carrot cake. It's my birthday cake of choice, the cake I make for comfort in tough times. I've even been known to eat it for breakfast if I happen to have leftovers around. My go-to carrot cake is a layer cake, but if you're busy enough to be meal prepping on weekends, then you might not have the patience for decorating a multilayer cake. Think of this square version as your everyday carrot cake. It's freezer-friendly, kid-friendly, and—as I can attest—a very loyal friend to adults in need of a little cheer.

CAKE

1 tablespoon flaxseed meal
¼ cup / 60ml water
1¾ cups / 245g unbleached all-purpose flour
1 teaspoon baking powder
½ teaspoon baking soda
½ teaspoon kosher salt
¼ teaspoon ground cardamom
¼ teaspoon ground cloves
¼ teaspoon ground nutmeg
⅔ cup / 130g lightly packed brown sugar
⅓ cup / 65g cane sugar
½ cup / 120ml refined avocado oil
½ cup / 120g applesauce
1 teaspoon vanilla extract
3 medium carrots, peeled and grated (5 ounces / 140g)
⅓ cup / 40g finely chopped walnuts
⅓ cup / 45g raisins

FROSTING

8 tablespoons / 112g vegan butter, at room temperature
¼ cup / 60g vegan cream cheese, at room temperature
½ teaspoon vanilla extract
2 cups / 240g confectioners' sugar

Preheat your oven to 350°F / 175°C. Line an 8-inch / 20cm square baking pan with two overlapping sheets of parchment paper. The sides of each piece should drape over the sides of the baking pan.

To prepare the cake, stir together the flaxseed meal and water in a small bowl and set aside.

Whisk together the flour, baking powder, baking soda, salt, cardamom, cloves, and nutmeg in a large mixing bowl.

In another large mixing bowl, whisk together the brown sugar, cane sugar, oil, applesauce, vanilla, and the flax and water mixture until well combined. Pour this wet mixture into the dry ingredients and use a spatula to fold into a batter. When the batter is almost mixed (a few streaks of flour are okay at this point), add the carrots, walnuts, and raisins. Continue folding with the spatula until the batter is well combined and the carrots are distributed evenly.

Pour the batter into the prepared baking pan. Bake until the cake is golden brown and puffy and set on top, 40 to 50 minutes. Allow the cake to cool for at least 2 hours before removing it from the pan. Using the overhanging parchment paper, lift the baked square out of the pan and remove the parchment. The cake can be prepared up to 2 days before frosting, or you can prepare the frosting while the cake cools.

To prepare the frosting, combine the butter and cream cheese in the bowl of a stand mixer fitted with the paddle attachment. Beat

on medium speed until the butter and cream cheese mixture is smooth and light, about 3 minutes. Add the vanilla and beat 1 minute more. Sift the sugar into the bowl of the mixer and beat the frosting on low speed until the sugar is well incorporated, about 2 minutes. Raise the speed to medium once again and beat until the frosting is very light and fluffy, 3 to 4 minutes.

Use an offset spatula to frost the top of the cooled cake. Cut into squares to serve.

Serve right away, or meal prep for the week by covering the cake loosely with a plastic wrap or portioning cut pieces into individual airtight containers. Store in the fridge for up to 4 days. Allow to come to room temperature before enjoying.

To freeze the whole carrot cake, place the uncovered frosted cake in the freezer for 1 hour to firm up the frosting. Cover the cake in plastic wrap or aluminum foil and store in the freezer for up to 4 weeks. To freeze frosted cake slices, portion them into individual airtight containers and store in the freezer for up to 6 weeks. You can also freeze the cake and frosting separately, each for 6 weeks, and assemble after thawing completely in the fridge.

Salted Tahini Date Caramel Cups

MAKES 10 CUPS

I've never met a peanut butter cup I didn't like, but these Salted Tahini Date Caramel Cups have ousted them as my favorite confection. In place of butter, I use tahini to enrich the caramel-like blended Medjool dates in the center of the cups. The slight bitterness of the tahini is a wonderful complement to the intense sweetness of the dates. Don't worry too much about making the cups neat or identical: a little variation is fine, and they'll taste heavenly no matter how symmetrical they are.

4 ounces / 120g lightly packed pitted Medjool dates (about ¾ cup)
2 cups / 480ml water
3 tablespoons tahini
1 tablespoon melted coconut oil
1 tablespoon maple syrup
½ teaspoon vanilla extract
⅛ teaspoon fine sea salt
1½ cups / 270g vegan dark chocolate chips
Maldon sea salt for topping

Line 10 cups of a 12-cup muffin pan with silicone or paper liners.

Place the Medjool dates in a small heatproof bowl. Bring the water to a boil, then pour the boiling water over the dates to cover them. Allow the dates to soak for 30 minutes, then drain them.

Place the dates, tahini, coconut oil, maple syrup, vanilla, and fine sea salt in a food processor fitted with the S blade. Process until creamy and even, about 2 minutes, stopping the machine and scraping down the bowl a few times.

Place the chocolate chips in a microwave-safe glass bowl. Microwave in 30-second intervals, stirring a little between each interval, until the chocolate chips are completely melted. Don't microwave for longer intervals, as the melted chocolate may burn and lose its silky-smooth texture.

Drop a heaping tablespoon of melted chocolate into each muffin cup. Tilt the muffin pan around so that the chocolate covers the entire bottom of each muffin cup. Place a tablespoon of the tahini and date mixture over the chocolate, then use a damp finger to smooth out the caramel, just enough so that it's a bit flattened. Drop another heaping tablespoon of melted chocolate over the top of the tahini and date layer. Repeat the process with the remaining muffin cups. If there is any remaining chocolate, it's okay to drizzle the rest of it over the tops of the caramel cups. Sprinkle the tops with Maldon sea salt.

Place the cups in the freezer for at least 30 minutes or in the fridge for at least 2 hours before enjoying.

Store in an airtight container in the fridge for up to 10 days or in the freezer for up to 4 weeks.

Berry Peach Cobbler

MAKES 9 SERVINGS

Some cobbler recipes call for a biscuit topping, while others call for cake batter. The topping for this berry peach cobbler is a sort of hybrid: a little firmer than cake but not as crumbly as a biscuit. I like an even ratio of topping to filling so that there's plenty of topping in every bite. This dessert is a celebration of summer's juiciest produce, and it's especially good with a scoop of vegan vanilla ice cream.

FILLING

1 pound / 450g peaches, peeled and coarsely chopped
12 ounces /340g strawberries, trimmed and halved
6 ounces / 170g raspberries
¼ cup / 50g cane sugar
1½ tablespoons unbleached all-purpose flour

TOPPING

1½ cups / 210g unbleached all-purpose flour
¼ cup / 50g cane sugar
2 teaspoons baking powder
½ teaspoon kosher salt
6 tablespoons / 84g cold vegan butter, cubed
¾ cup / 180ml unsweetened nondairy milk

Preheat your oven to 375°F / 190°C and lightly oil an 8-inch / 20cm square baking dish.

To prepare the filling, toss together the peaches, strawberries, raspberries, sugar, and flour in a large mixing bowl. Transfer the

filling to the prepared baking dish.

To prepare the topping, whisk together the flour, sugar, baking powder, and salt in a medium mixing bowl. Add the butter and use a pastry cutter or your hands to incorporate the butter into the flour mixture, until the butter is in small pieces (the size of peas). Pour in the nondairy milk and mix together with a spatula until it's a thick, textured batter. Spoon the batter evenly over the cobbler filling.

Bake the cobbler until bubbling and golden brown on top, 40 to 50 minutes. Allow the cobbler to cool for at least 30 minutes before serving or storing.

Store the cobbler in an airtight container in the fridge for up to 4 days or in the freezer for up to 6 weeks. To reheat, place one or several servings of cobbler in an oven-safe dish. Transfer to a 350°F / 175°C oven for 15 minutes, or until warmed through.

Fudgy Brownies

MAKES 16 BROWNIES

For years I tried to create a fudgy vegan brownie that has the paper-thin, shiny surface that I remember so fondly from boxed mixes growing up. After many near misses—and some downright failures—I finally created my forever brownie. The secret weapon in this recipe is aquafaba, which is the canning liquid for chickpeas. You'll whisk the aquafaba vigorously for a full minute before you add it to the brownie batter. The frothy texture it develops will help create that prized crinkle top.

4 tablespoons / 56g vegan butter
6 ounces / 170g vegan semisweet chocolate chips or chopped semisweet chocolate
¼ cup / 20g Dutch-processed cocoa powder
¼ cup / 60ml hot coffee or water (see Note)
½ cup / 100g cane sugar
½ cup / 100g lightly packed brown sugar
¼ cup / 60ml refined avocado oil
1½ teaspoons vanilla extract
¾ cup plus 2 tablespoons / 125g unbleached all-purpose flour
¼ tsp fine sea salt
⅛ teaspoon baking powder
¼ cup / 60ml aquafaba (see this page)

Note: If you don't have brewed hot coffee at the ready, hot water is a fine substitute. However, coffee will enhance the chocolate flavor of the brownies.

Preheat your oven to 350°F / 175°C. Line an 8-inch / 20cm square baking pan with two overlapping sheets of parchment paper. The

sides of each piece should drape over the sides of the baking pan.

Place the vegan butter in a large microwave-safe glass mixing bowl. Microwave the butter for 30 seconds. Stir in 2 ounces / 55g of the chocolate until the chocolate is melted. Add the cocoa powder to the bowl, followed by the hot coffee, and whisk until glossy. Add the cane sugar, brown sugar, oil, and vanilla and whisk together until combined. Add the flour, salt, and baking powder and whisk again until the mixture is shiny and no flour is visible.

Place the aquafaba in a small bowl. Whisk vigorously until it's foamy on top, about 1 minute.

Fold the remaining 4 ounces / 115g chocolate into the batter. Then use a spatula to gently fold the aquafaba into the batter. The batter may look a little frothy, which is fine. Pour the batter into your prepared baking pan.

Bake until there's a crinkly layer on top of the brownies and the edges are crisping, 30 to 35 minutes. Allow the brownies to cool completely before removing from the pan. Using the overhanging parchment paper, lift the baked square out of the pan, and remove the parchment. Cut them into sixteen squares.

Serve right away, or meal prep for the week by transferring the squares to a single airtight container or portioning them into individual containers. Store in the fridge for up to 4 days or in the freezer for up to 4 weeks. Allow to come to room temperature before enjoying.

Ginger Pear Upside-Down Cake

MAKES 12 SERVINGS

Here, I combine my favorite holiday ginger cake, which is inspired by one of Laurie Colwin's classic recipes, with pear cake, another festive favorite. A 9-inch / 23cm round springform cake pan is best for this recipe, but you can use a 9-inch / 23cm round cake pan with a removable bottom as well. Be sure to grease either vessel generously to avoid mishaps in freeing your cake from the pan.

6 tablespoons / 84g vegan butter, melted, plus more for the pan
¼ cup / 50g plus ⅓ cup / 65g lightly packed brown sugar
1 large or 2 small Bartlett pears
⅓ cup / 80ml unsweetened nondairy milk
2 teaspoons freshly squeezed lemon juice
2 cups / 280g unbleached all-purpose flour
2 teaspoons ground ginger
1 teaspoon ground cinnamon
¾ teaspoon baking powder
½ teaspoon baking soda
¼ teaspoon kosher salt
½ cup / 120g applesauce
6 tablespoons / 90ml maple syrup
2 tablespoons molasses

Preheat your oven to 350°F / 175°C. Grease the sides and bottom of a 9-inch / 23cm round springform cake pan and line the bottom with a round of parchment paper. Sprinkle ¼ cup / 50g of the brown sugar onto the parchment.

Peel and cut the pears into ¼-inch / 6mm slices. Arrange them in a circular pattern around the bottom of the pan. They don't have to

be perfect.

Stir together the nondairy milk and lemon juice in a small mixing bowl. Set aside.

Whisk together the flour, ginger, cinnamon, baking powder, baking soda, and salt in a large mixing bowl. In a separate, medium mixing bowl, stir together the remaining ⅓ cup / 65g brown sugar, the applesauce, melted butter, maple syrup, and molasses. Stir in the milk and lemon mixture until combined. Pour the wet ingredients into the dry ingredients and mix until no streaks of flour are visible (some small clumps of flour are fine).

Pour the batter over the pears and brown sugar. Use a spatula to spread it around evenly. Bake until the cake is domed, the top is set, and the edges are turning golden, 45 to 50 minutes. Start checking the cake after 40 minutes.

Allow the cake to cool in its pan for at least 4 hours. Line a baking sheet or another flat surface with parchment paper. Remove the side ring from the cake pan and gently invert the cake onto the prepared baking sheet. Remove the bottom of the pan from the top of the cake and peel away the parchment. Cut into slices to serve.

Serve right away, or meal prep for the week by transferring the cake to a single airtight container or portioning slices into individual containers. Store in the fridge for up to 3 days or in the freezer for up to 4 weeks. Allow to come to room temperature before enjoying.

Chocolate Bread Pudding

MAKES 6 SERVINGS

This bread pudding is inspired by one of my favorite things to eat, which is sourdough bread that's studded with dark chocolate chunks. I'm inconsistent when it comes to making my own sourdough, but I'm not inconsistent about buying it. When I have a half loaf that's just starting to become stale, I cut it into cubes, toss it with chopped dark chocolate, and soak it in a creamy mixture of nondairy milk, cashew butter, and brown sugar. After baking, this pudding will be gooey on the interior and crispy at the edges, with melted pockets of chocolate throughout. It can be served on its own or topped with a few tablespoons of Sweet Cashew Cream.

Vegan butter or refined avocado oil for greasing the baking dish
12 ounces / 340g cubed sourdough bread (about 7 cups), preferably stale
2½ ounces / 75g chopped vegan dark chocolate
3 cups / 720ml unsweetened oat, soy, almond or cashew milk
⅔ cup / 130g firmly packed brown sugar
¼ cup / 65g cashew butter or almond butter
2 tablespoons unbleached all-purpose flour
1½ teaspoons vanilla extract
½ teaspoon kosher salt
¼ teaspoon ground cinnamon
Sweet Cashew Cream (this page) for serving (optional)

Preheat your oven to 350°F / 175°C and grease or lightly oil an 8-inch / 20cm square baking dish.

Arrange the bread evenly in the bottom of the baking dish and sprinkle the chocolate over the top, reserving a few of the

chocolate pieces for sprinkling over the top of the pudding just before baking.

Blend the milk, brown sugar, cashew butter, flour, vanilla, salt, and cinnamon in a blender until smooth, about 1 minute. Pour the milk and cashew butter mixture over the bread and chocolate. Use your hands to gently press the bread to submerge it into the milk and cashew butter mixture. Set aside until the bread has soaked up some of the liquid, about 5 minutes.

Sprinkle the top of the bread pudding with the reserved chocolate. Bake until the top of the pudding is a deep golden color and getting crispy, 45 to 50 minutes. The interior will be very moist. Allow the bread pudding to cool for 15 minutes before serving or storing.

Serve right away with cashew cream (if desired), or meal prep for the week by transferring the squares to a single airtight container or portioning them into individual containers. Store in the fridge for up to 4 days or in the freezer for up to 4 weeks.

Key Lime Pie Crumble Cups

MAKES 6 SERVINGS

Oh, how I love key lime pie. When I first started thinking about this book, I wanted to include an unfussy key lime pie, one that somehow circumvented the long baking and chilling times, not to mention the challenge of getting a custard filling to set perfectly. In the end, I had the idea to make these crumble cups, which are like dessert parfaits: individually portioned, portable if you use 4-ounce / 120ml mason jars, awfully cute to look at. All the essential components of key lime pie are there—the tangy, cool, creamy goodness, the buttery graham cracker crumbles—but with minimal baking time and low-key effort.

GRAHAM CRACKER STREUSEL

4 graham cracker sheets (about 2¼ ounces / 60g)

3 tablespoons vegan butter

3 tablespoons brown sugar or coconut sugar

KEY LIME PUDDING

1 cup / 240ml unsweetened plain vegan yogurt or vanilla vegan yogurt

½ cup / 70g whole or chopped raw cashews, soaked in water for at least 2 hours and drained

Zest of 1 lime

¼ cup / 60ml freshly squeezed lime juice

¼ cup / 60ml agave nectar or maple syrup

2 teaspoons cornstarch or arrowroot powder

1 teaspoon vanilla extract or vanilla paste

Preheat your oven to 325°F / 165°C and line a rimmed baking sheet with parchment paper.

To prepare the streusel, place the graham crackers, vegan butter, and sugar in a food processor fitted with the S blade. Pulse repeatedly until the graham crackers are crumbled and the butter is in small pieces (the size of peas). Transfer the streusel to your prepared baking sheet. Bake until the mixture is just starting to brown, about 10 minutes.

Allow the streusel to cool completely, then use your hands to crumble it again. Reserve a few tablespoons of the streusel for sprinkling over the top of the pudding just before serving.

Divide the remaining streusel among the bottoms of six ramekins or 4-ounce / 120ml mason jars.

To prepare the pudding, process the yogurt, cashews, lime zest, lime juice, agave nectar, cornstarch, and vanilla in a high-speed blender until smooth. Pour the yogurt mixture into a medium pot and cook over medium-low heat, stirring almost constantly with a wooden spoon, until the liquid starts to simmer and small bubbles form at the surface, about 5 minutes. Turn the heat to low and continue to cook, stirring constantly, until the mixture thickens enough to coat the back of the spoon, about 3 minutes more.

Pour the pudding mixture into your prepared ramekins or jars. Cover with plastic wrap or lids and transfer them to the fridge to chill overnight. Once set, sprinkle a bit of the reserved streusel over the top of each cup. Serve immediately or cover and store the crumble cups in the fridge for up to 4 days.

Almond Biscotti

MAKES 24 BISCOTTI

Whether I'm working at home or outside of it, I tend to crave a cup of (possibly decaffeinated) coffee and something sweet around 4 p.m. These crispy biscotti are very welcome in those moments. Aquafaba ably replaces egg in the cookies, which are inspired by an old recipe on my blog. Almond is a traditional biscotti flavor, and I use a combination of slivered nuts and almond extract to highlight it.

2 cups / 280g unbleached all-purpose flour
½ teaspoon baking powder
¼ teaspoon kosher salt
8 tablespoons / 112g vegan butter, at room temperature
¾ cup / 150g cane sugar
3 tablespoons aquafaba (see this page), lightly beaten
1¼ teaspoons almond extract
1 teaspoon vanilla extract
¾ cup / 90g slivered or ¾ cup / 80g sliced almonds

Sift together the flour, baking powder, and salt into a bowl and set aside.

Combine the butter and sugar in the bowl of a stand mixer fitted with the paddle attachment. Beat on medium speed until light and fluffy, about 2 minutes. Add the aquafaba, almond extract, and vanilla and beat until well mixed, about 1 minute more.

Add half of the flour mixture and beat on low speed until fully incorporated, about 1 minute. Add the remaining flour mixture and beat until combined. Add the almonds and beat until they're

evenly dispersed throughout the dough, about 30 seconds. Remove the bowl from the mixer, cover with plastic wrap or a cloth cover, and transfer to the fridge to chill for at least 1 hour or up to overnight.

Preheat your oven to 325°F / 165°C and line a baking sheet with parchment paper.

Divide the dough into three evenly sized pieces. Shape each piece into a log that's about 7 inches / 18cm long, 1 inch / 2.5cm high, and 3 inches / 7.5cm wide, spacing the logs a few inches apart on your baking sheet.

Bake the logs until golden and firm to the touch, about 30 minutes. Remove the baking sheet from the oven, then raise the oven to 350°F / 175°C. While the oven is warming up, allow the logs to cool for 15 minutes at room temperature. Use a serrated knife to cut the logs diagonally into slices that are about ¾ inch / 2cm thick.

Arrange the slices on your baking sheet cut side up. Bake for 5 minutes, then flip them over. Bake until the biscotti are golden brown, 5 to 7 minutes. Transfer the biscotti to a cooling rack and let cool completely before serving.

Meal prep for the week by transferring the cooled biscotti to a single airtight container. Store at room temperature for up to 3 days or in the freezer for up to 6 weeks.

Root Vegetable Chocolate Cake

MAKES 12 SERVINGS

I don't usually make baked goods just to sneak in vegetables to unsuspecting dinner guests. That said, this root vegetable chocolate cake is so delicious it can win over dessert traditionalists, myself included! Pureed beets and sweet potatoes give an already luscious chocolate cake even more depth of flavor, along with natural sweetening and a little added nutrition.

Making vegetable puree is the most time-consuming part of preparing this cake. I invite you to consider preroasted or canned beets for the beet puree and a can of sweet potato puree for the frosting. If you're eager to roast the vegetables from scratch, I've included instructions for that too. Because the frosting is sweetened only with dark chocolate and a touch of agave nectar, it will taste bittersweet on its own. I find that it's perfectly in balance when eaten with the cake, but if you prefer a sweeter frosting, you can add extra agave nectar by the tablespoon to your liking. The frosting is inspired by a recipe from Genevieve Ko, and unlike many of the faintly chocolate-flavored vegan buttercreams I've made, it tastes vibrantly and unmistakably of cocoa.

CAKE

Refined avocado oil or vegan butter for the cake pans
1¾ cups / 245g unbleached all-purpose flour
⅔ cup / 50g Dutch-processed cocoa powder
2 tablespoons cornstarch
1½ teaspoons baking powder
½ teaspoon baking soda
1 teaspoon kosher salt

1¼ cups / 250g cane sugar
1 cup / 230g beet puree (see Note)
1 cup / 240ml cold water
½ cup / 120ml refined avocado oil
2 teaspoons white vinegar

FROSTING & DECORATION

1½ cups / 400g sweet potato puree (see Note)
8 ounces / 225g vegan dark chocolate chips or morsels
2 to 3 tablespoons agave nectar or maple syrup
1 teaspoon vanilla extract
Sprinkles, chopped nuts, nonpareils, or another decoration of choice (optional)

Note: For 1 cup / 230g beet puree, use 8 ounces / 225g store-bought precooked beets or one 15-ounce / 425g can unsalted cooked beets, drained and pureed in a food processor, or see this page for homemade. For 1½ cups / 400g sweet potato puree, use one 14½-ounce / 415g can, or see this page for homemade.

Preheat your oven to 350°F / 175°C. Oil or grease the sides of two 8-inch / 20cm round cake pans with removable bottoms and line each of the bottoms with a round of parchment paper.

To prepare the cake, sift together the flour, cocoa powder, cornstarch, baking powder, baking soda, and salt into a large mixing bowl.

In a medium mixing bowl, stir together the sugar, beet puree, cold water, oil, and vinegar. It's fine if there's some separation of liquids. Add the wet ingredients to the dry ingredients and mix thoroughly into a smooth batter (a few little lumps are fine).

Divide the batter between your two cake pans and transfer them to the oven. Bake until the cakes are puffy and set on top, 25 to 30 minutes. Remove the cakes from the oven and let cool in the pans. As soon as the cakes are cool enough to handle, remove them from the pans and transfer to a wire rack to cool completely, about 3 hours.

To prepare the frosting, place the sweet potato puree into a microwave-safe glass bowl. Microwave until very warm, about 90 seconds. Add the chocolate and stir constantly with a spatula until the chocolate melts and the frosting is smooth. Add the agave nectar and vanilla and stir until combined. Transfer the frosting to the fridge to thicken up for 20 minutes before decorating. The frosting should be slightly softer and more spreadable in texture than traditional buttercream.

Remove the parchment rounds from the bottom of the cakes. Place one cake layer onto a cake stand and cover the top with frosting (about ¾ cup / 210g). Place the second cake layer on top of the first layer. Proceed to frost the sides and top of the second cake layer with a thin coat of frosting—this is called a crumb coat. Transfer the cake to the fridge for 30 minutes.

Use the remaining frosting to cover the entire cake, making some nice swirls as you go. Decorate with sprinkles or another decoration of choice. Cut into slices and serve.

Serve right away, or meal prep for the week by covering the cake with plastic wrap or portioning slices into individual airtight containers. Store in the fridge for up to 4 days.

To freeze the whole cake, place the uncovered decorated cake in the freezer for 1 hour to firm up the frosting. Cover the cake in

plastic wrap or aluminum foil and store in the freezer for up to 4 weeks. To freeze decorated cake slices, portion them into individual airtight containers and store in the freezer for up to 6 weeks. You can also freeze layers of the cake and frosting separately, each for 6 weeks, and assemble after thawing completely in the fridge.

Homemade Root Vegetable Purees

MAKES 1 CUP / 230G BEET PUREE AND 1½ CUPS / 400G SWEET POTATO PUREE

3 medium beets, trimmed and scrubbed
Refined avocado oil for roasting
3 medium sweet potatoes (about 8 ounces / 225g each)

Preheat your oven to 400°F / 200°C. Line a baking sheet with parchment paper or aluminum foil.

Rub the beets in oil, then wrap each beet tightly in foil. Prick the sweet potatoes with a fork. Transfer the wrapped beets and pricked potatoes to the prepared baking sheet and roast until both the beets and sweet potatoes are very tender when pierced with a knife, 50 to 60 minutes.

Allow the beets to stand at room temperature until cool enough to handle, 15 to 20 minutes. Run the cooled beets under cold running water while you slip off their skins. Transfer the beets to a food processor fitted with an S blade and process until the beets are a smooth puree, a few minutes. You should have about 1 cup / 230g beet puree.

Rinse the food processor and wipe it down. Remove the skins from the sweet potato and discard. Transfer the sweet potato flesh to the food processor and process until the sweet potatoes are a smooth puree. You should have 1½ cups / 400g sweet potato puree.

Store the purees in separate airtight containers in the fridge for up to 2 days or in the freezer for up to 4 weeks.

AD-LIBBING

FAST MEALS FOR WEEKS WITHOUT PREP

No matter how intentional you try to be with your meal prep, there will be weeks when the plan falls apart.

Fear not. Even without a productive weekend of meal prep, it's possible to get something homemade on the table fast. Dinner toast (aka an open-faced sandwich) has come to my rescue more times than I can count, while instant oatmeal is a lifesaver if I haven't prepared any make-ahead breakfasts. Here are some of my favorite almost-instant meals.

Express Oatmeal

Cook ½ cup / 40g plain quick oats in the microwave according to package directions, using half water and half nondairy milk for your liquid. Stir in or top with the following:

- Banana slices and peanut butter
- Freeze-dried strawberries and shelled hemp seeds
- Fresh or frozen blueberries and chopped walnuts
- Chopped pitted Medjool dates and tahini
- Chopped dried apricots and chopped pistachios

Sandwiches or Dinner Toast

Toast bread or leave untoasted. Pile with any of the following and serve closed or open-faced:

- Hummus and vegetables (any kind)
- Cucumber slices and vegan cream cheese
- Vegan bacon, lettuce, tomato, and smashed avocado
- Mashed roasted sweet potatoes, jarred roasted red pepper, and tahini
- Peanut butter, banana slices, and a drizzle of agave nectar

Pasta

Boil as much pasta as you need according to package instructions. When the pasta is cooked, stir in the following:

- Marinara sauce and store-bought vegan meatballs
- Marinara sauce mixed with Tangy Cashew Cream (this page)
- Store-bought vegan pesto and chickpeas
- Garlicky Green Sauce (this page) and cooked broccoli florets
- Roasted butternut squash and Brussels sprouts, chopped vegan sausage (homemade or store-bought), and olive oil and balsamic vinegar to taste

Rice & Beans

Combine cooked rice (homemade, packaged, or defrosted) with canned beans. Add a steamed green vegetable. Heat over the stovetop or in the microwave. Smother this with your favorite dressing from the Sauces, Spreads, Dressings & Dips chapter (beginning on this page).

Soft Tacos

Heat as many corn or wheat tortillas as you need. Fill them with Tangy Pinto Beans (this page) or canned vegan refried beans and any protein you love: it could be one of the proteins in this book (beginning on this page), store-bought marinated tofu or tempeh, store-bought seitan, or a vegan meat. Add any vegetables that are ready to eat and your favorite sauce or dressing (beginning on this page).

ABOUT THE CONTRIBUTORS

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